



## **Mary Lisa (ML) Wahlfeldt ~ Professional Breath Coach** **Intentional Breath ~ Intentional Life**

Relax on demand  
Improve sleep  
Lower blood pressure

Reduce Stress  
Boost immune system  
Develop nerves of steel

Your breath is directly connected to your nervous system and impacts your memory, blood pressure, sleep, immune system, digestion, and anxiety levels. By learning to breathe properly (how your body was designed to breathe), you can reduce stress, increase focus, and control your physical and emotional well-being.

### **One-Minute Intentional Breathing Exercise**

Use the following one-minute breathing exercise to immediately induce calm, increase focus, reduce stress, and lower blood pressure. Discover a powerful competitive advantage by enabling your most confident and credible self.

Practice this breathing exercise a couple of times each day

- In the morning before you start your day
- Preparing for confrontational calls/meetings
- When feeling anxious
- Middle of day to find 1-2 minutes of calm
- Before bed to aid in a good night's sleep

### **Exercise Instructions**

- Sit in a comfortable position, with your spine straight, shoulders down and back (not curled forward), feet flat on the floor
- Place one hand on your stomach over your belly button (where your diaphragm expands your lower ribcage to fill your lungs with oxygen)
- Inhale gently through your nose, and feel your belly EXPAND out
- Exhale slowly through your mouth, squeezing your belly button in toward your spine, CONTRACT (you're using your abdominal muscles – good exercise)
- DO NOT raise your shoulders or strain your neck as you inhale. Add in a mantra that you can say out loud or in your head, such as "Let go" or "All is well" with each breath
- Relax with each inhale and exhale. Shoot for a count of 4-5 seconds with each inhale and 5-6 seconds with each exhale
- Do FIVE of these deep belly (diaphragmatic) breaths for one minute