

Breathe for Beginnings: Self-Care Practice *Breathe FOR Change*

GOAL: *Support your own well-being by weaving self-care and breath awareness exercises into your day.*

Instructions:

1. This exercise can be done from anywhere - from your desk chair to a yoga mat to your car, and everywhere in between!
2. Wherever you are, ground through your feet and legs, lengthen your spine, and release the tension held in your neck and back.
3. Begin by placing both hands on your stomach. Inhale fully to expand it; exhale fully to relax your belly. Try this a few times and focus on deepening the breath, trying to inhale for 3-to-6 seconds and exhale for the equal amount of time.
4. Place your hands on your rib cage and continue to breathe deeply. Feel the expansion of the ribs as you breathe in, and their release as you breathe out. Explore this sensation for a few rounds of breath.
5. Next, take your hands to the chest or collarbones. Again, continue to breathe deeply and feel the expansion of the breath into the upper torso.
6. Lastly, combine these sensations into one full, deep breath experience: a three-part breath. Notice what comes up for you; how does this make you feel?



Source: Panorama Playbook, courtesy of *Breathe FOR Change*

Related Research: [What Focusing on Your Breath Does to the Brain](#)