

This breathing exercise will help calm an agitated mind. Once you have completed one round, repeat steps 2-6 and keep going for up to 3 to 5 minutes if it feels good.



Have 3 big sighs



Block your right nostril and breathe in through your left.



Block your left nostril and breathe out through the right.



Keep your left nostril blocked and breathe in through the right



Block your right nostril and breathe out through the left.



Keep your right nostril blocked and breathe in through the left.

Tips

- Blow your nose before you start
- Sit on a chair or edge of bed to be upright and comfortable
- Breathe softly
- Let the in and out breaths be equal in length

Cautions

- Do not do this after a heavy meal
- If it does not feel good, stop!
- Always start and finish breathing in and out through the left nostril