Breathing deeply in the correct way helps to regulate and reset your nervous system.
It's the ultimate lifehack for stress and anxiety.

Sit up straight to give your spine some room

Feel your feet grounded on the floor

Blow up your belly like a balloon as you inhale

Breathe

Focus on exhaling for longer than you inhale

Inhale through your nose and exhale through your mouth

Let your muscles relax and let go on each exhale

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