



## HEALTH + PHYSIOLOGY

We are not a mind with a body attached to it; we are a body with a mind inside of it.

So many of us have disassociated from our bodies: we aren't aware of our breath, we don't nourish ourselves properly, and we numb out the signals our body gives us to live our best life. Our body is literally our GPS. It is calibrated to work WITH us, not against us; but we must be willing to let it do its job. This week we'll be exploring how we can interact with our body as nature has designed us to. Without our physical health and vitality, anything else we're after in life is completely meaningless. Everything we do, say and BE is dependent on this one thing.

## CONSCIOUS BREATHING + CENTERING

Do you know most people don't know how to breathe? Crazy, right? Take a second and notice: are you holding in your stomach? Is your body fully relaxed or are you tense in any area? Is your mouth and jaw tight, or is it loose and limber? What about your shoulders?

Improper breathing leads to a whole slew of problems that affects your mood, sleep, digestion, heart, muscles, brain, nervous system and even your physical appearance! With proper breathing, we can experience better health, more energy, less anxiety, less fear and a more centered relationship with the world.

Most of us take short and shallow breaths, which leads to a feeling of anxiety, overwhelm and overall stressful life. If everything starts with the breath we take, that breath decides HOW we will begin each action. If we start from a full, steady and conscious breath, we can take action from that same place. This is called CENTERING WITH THE BREATH.

**Below, follow the prompts to experience what conscious, centered breathing is**

## **CONSCIOUS, CENTERED BREATHING EXERCISE**

- 1. Stand with feet shoulder width apart, knees slightly bent.**
- 2. Relax your entire body. Start with your forehead, and then move down to your eyes, mouth, neck, shoulders, arms, hands stomach, hips, thighs, knees, calves, feet. Relax everything.**
- 3. Place your hand just below your belly button, and feel your stomach expand and contract as you breathe into and out of your diaphragm.**
- 4. Say, internally: I AM PRESENT. I AM GROUNDED. I AM CENTERED.**
- 5. Repeat this for at least 30 seconds.**

Once you feel like you have this in your body, you can know that this tool is there for you to always access. When you're feeling stressed, overwhelmed, frustrated, annoyed, indecisive, and fearful, you can do this exercise to bring you back to your center. From a conscious center, you will be able to make decisions more powerfully and from your grounded truth.

**YOUR STEP OF GREATNESS:** Throughout your day today, find three moments where you can consciously center. If you need to set reminders in your phone, do it. This exercise will be most helpful if you become aware of a stressful situation and apply it in that moment.