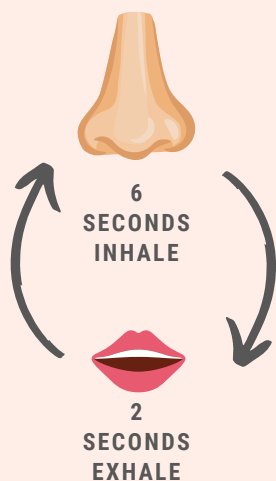




# BREATHING TO Control Mood

## AWAKE



### First thing in the morning

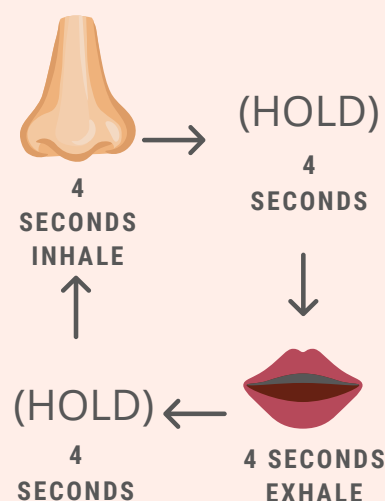
This exercise is designed to be instantly stimulating. It increases alertness, energy, and the amount of oxygen in your body. This exercise is perfect for getting out of bed in the morning or whenever you need a quick boost.

This works by triggering your Sympathetic Nervous System which increases alertness, concentration, and energy.

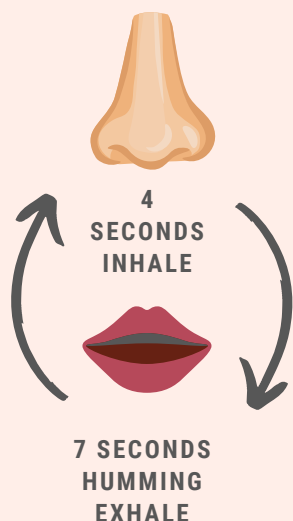
## RECHARGING

### Box Breathing

Intentional deep breathing calms and regulates the autonomic nervous system (ANS). The slow holding of breath allows CO2 to build up in the blood. An increased blood CO2 enhances the cardio-inhibitory response of the vagus nerve when you exhale and stimulate your parasympathetic system. This produces a calm and relaxed feeling in the mind and body. Increased levels of CO2 also helps facilitate the release of oxygen in your cells.



## TIME TO CLEAR THE MIND



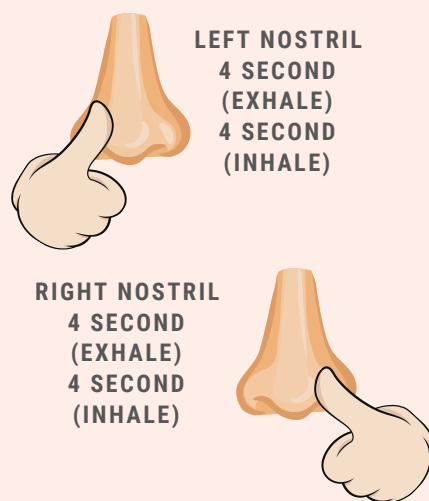
### Humming your way into Parasympathetic relaxation

Diaphragmatic breathing with an elongated exhale triggers the body's parasympathetic nervous system to induce relaxation. Humming increases your body's Nitric Oxide production 15x which benefits almost every organ in the body.

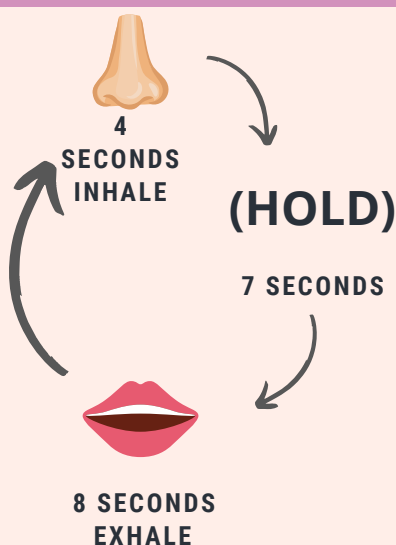
## FOCUS

### Putting yourself back in the room

This alternative nostril breathing exercise was made to increase your focus, awareness, and lung function. Perfect for those times when you need to concentrate for long periods of time.



## SLEEP



### Get ready for BED.

This exercise, said to be the "natural tranquilizer for the nervous system", was originally developed by Dr. Andrew Weil to help his patients rest their body and mind.