

REDUCING STRESS with Your Smile & Breath

QUICK START GUIDE

OVERVIEW

Every so often, your brain needs a good reset or recharge as it's caught up in the details of the day. Especially when you're working at a computer for long periods of time.

Let's take these few minutes to focus on our posture, our breath, and most importantly, our smile. It might feel counterintuitive to force yourself to smile, but it can help transform your state of mind, and the more you practice, the less forced it will feel. This breathing exercise is all about surrendering to the present moment and getting our brains to release those feel-good chemicals (dopamine, endorphins, and serotonin).

STEPS

- 1 Find a comfortable area where you won't be disturbed that's preferably dark.
- 2 You can do this sitting down, standing up, or laying down flat on your back.
 - If you're sitting down:
 - Sit up straight with your shoulders back and chest out
 - Place your palms face-up on your legs
 - Hold a confident posture as best as you can throughout this process
 - If you're standing up:
 - Form a power pose with your hands on your hips and your legs shoulder apart
 - Hold a confident posture as best as you can throughout this process
 - If you're laying down:
 - Lay down flat on your back and hold your shoulders back down towards the floor so they're as parallel to it as possible
- 3 Gently close your eyes and take a big, deep breath in through the nose (feel the cool air coming in), and then slowly release your breath through your mouth (feel the warm air coming out.)
- 4 Now, slowly start to form a smile, feel the muscles around your face, especially around your eyes. The slower you smile, the more time you give your brain to release those feel-good chemicals.
- 5 While holding your smile in place, take another big, deep breath in through your nose.
- 6 Exhale through your mouth and gently release your smile with it.
- 7 Repeat this process as many times as you'd like.
- 8 On your last smile, instead of inhaling through your nose, gently open your eyes while holding that smile and take in that feeling of joy and calm.

PRACTICE THIS DAILY AND MAKE IT INTO A HABIT THAT SERVES YOU!