



Heart Activation Breathing

This breathing technique is perfect for when you feel that your head and heart are out of alignment. Going through this breathing technique can help us balance our mind and our heart when we are stressed.

Find a comfortable seated position

You may choose to close your eyes or keep them open

Start by taking a deep breath in through your nose, and out through your mouth.

Continue breathing this way, slightly deeper than you normally would, for about 30 seconds or so.

When you feel ready, switch your thinking to your heart space.

If you would like you can place your right hand onto your heart, feeling it beat and pump blood and oxygen throughout your body.

As you breathe in, breathe in through your heart. As you breathe out, breathe out through your heart.

Continue this cycle of breathing in through your heart and out through your heart for as long as you need.

When you feel more in balance between mind and heart, remind yourself that you can return to this breath anytime throughout your day when you feel out of balance.