

BETTER BREATHING CHEAT SHEET

by Adam Stanecki

BREATHING BASICS

- Close your mouth
- Nasal breathing is essential
- Breathing should be silent, gentle, & deep
- There should be minimal torso movement
- Use your diaphragm to drive the breath
- Avoid big, fast, erratic breathing

THE BENEFITS

- Calmer nervous system
- Improved focus
- Deeper sleep
- Stronger immunity
- Boosted performance
- Reduced stress and anxiety

REMEMBER "LSD"

LIGHT

SLOW

DEEP

UNBLOCK YOUR NOSE

- Exhale
- Close your mouth and pinch your nose
- Gently nod your head
- Holding your breath until you feel a strong desire to breathe
- Wait one minute and repeat if necessary

RELAX

- Try 10 minutes of *Cadence Breathing*
- Soften your breath
- Slow to a rhythm of 5 sec in and 5 sec out.

FOCUS

- Try 10min of *Box Breathing*
- Breathe in for 4 sec, hold for 4 sec
- Breathe out for 4 sec, hold for 4 sec

RECOVER YOUR BREATH

- Try 10min of *Buteyko Breathing Recovery*
- Breathe through your nose for 2-3 cycles
- Then pinch your nose and hold your breath on the next exhalation for 5 sec

Can help relieve asthma symptoms and other breathing difficulties.

BE SAFE & SENSIBLE

- Visit your doctor if breathing issues persist, don't guess!
- Call 000 for all breathing emergencies

MORE BREATHING RESOURCES

- Visit adamstanecki.com
- Watch youtube.com/@breathewithadam
- Like facebook.com/breathewithadam

