



3 - 4 - 5 Vagal Breathing



breathe in **3 SECONDS**

hold **4 SECONDS**

breathe out **5 SECONDS**

Repeat for a few rounds for as long as
feels comfortable to encourage your body
to move into a less stressed state.

This breathing exercise is a deep breathing exercise for stress relief. It stimulates your vagus nerve which can help the parasympathetic nervous system function. When the parasympathetic nervous system (PSNS) is activated, it slows our heart and breathing rates, lowers blood pressure, and promotes digestion. Our body enters a state of relaxation, and this relaxation facilitates recovery.