



Breathe Into Breakthrough

10 Day Challenge Workbook



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The 3-Step Pop-Up Breath Check

An important note: *This workbook is not intended as a substitute for the medical recommendation of physicians or other health-care providers. Rather, it is intended to offer information to help the reader cooperate with health professionals in a mutual quest for optimum well-being. Names and identifying details of people described in this book have been altered to protect their privacy.*

Breathing, thinking and feeling are tied together through the autonomic nervous system. Just by **slowing your breathing and shifting to nasal breathing you're naturally engaging the parasympathetic nervous system**, bringing the mind and body into a more relaxed state. From this state we're better able to make more adaptive decisions.

To begin reducing your anxiety levels, both overall and in the moment, start with a daily breath check. One helpful habit hack is the **365 Method**. Make it a point to check in to notice how you're breathing at least **3** times a day, as you shift to slow diaphragmatic breathing (**6** breaths per minute) for at least **5** minutes at a time.

To put this practice into action, plan ahead. Add it to your calendar or link it to an event, like after a Zoom call, when you're working on something challenging, or when you're stuck in traffic.

1. Are you breathing through your mouth or nose?
2. Is your breath fast and shallow or calm and deep?
3. Now take a moment to slow down and begin to control your breathing by taking a few 3-part (diaphragmatic) breaths (described below), as you measure your breath cycle to equal counts of 4-6 seconds.

Build a Daily Routine

Noticing is the first step to managing your overall anxiety level, and that's not all. By understanding the relationship between the breath in the body you can use these check in times to reduce your anxiety, increase your energy , even tone your muscles and improve your posture.

While I always recommend adding a deep breathing practice to your morning routine, you'll keep your commitment to calm by scheduling several 3-Step Pop Up Breath Checks into your day.

The Breathe into Breakthrough 10-Day Challenge invites you to experience the measurable benefits of a daily breathing routine by committing to at least 10 days in a row. Whether you sign up for one of my video workshops or create your own sequence, this is the best way to start small while staying accountable.

The best part? You'll experience an increase in the happy hormones, oxytocin, dopamine and serotonin as well. The catch? Your breathing practice is only effective when it becomes a daily ritual, like brushing your teeth or checking your phone. Better yet, you can use it to replace your urge to check your phone or social media account every morning to uplevel the way you start your day.

The following breathing exercises are designed to use individually or in any sequence to open up your airways, balance your autonomic nervous system and deliver the benefits of a daily mindfulness practice.

You can do these exercises seated or standing, but I recommend finding a quiet space where you won't be disturbed, a comfortable chair or cushion if you prefer the floor, with hips slightly elevated if you're sitting cross-legged (for comfort).

Although you can practice these methods in any position, you'll want to keep a tall spine, shoulders back and down unless you're lying down.

Build a Daily Routine (continued)

For the next 10 days, I suggest incorporating one new breathing practice a day, using up to four practices per 10 minute session. Choose your favorites, those you find easiest to stay engaged with as you keep your focus on the breath, leaving any worries, thoughts or distractions behind. The idea is to find your favorite sequence as you choreograph a practice to best fit your needs.

As I say in my workshops, consistency is key. Find a time you can stick with every day. I recommend mornings if possible, or before bed is good too. And if you don't have 10 minutes, do 5, or even 2 is better than nothing!

Most importantly, don't make the perfect the enemy of the good. If your mind wanders during practice, that's normal. As long as you're showing up for yourself, you can't do this wrong.

Remember this is a new habit and your inner critic will attempt to derail you by convincing you it won't work, you're not doing it right, or you don't have time. Don't let that happen! Stay with it for 10 days and retake the assessment. If it's working, you'll be that much more motivated to keep going both because you'll see the value. If you don't, switch practices until you find those that work for you.

The practices below are those I both use and teach in my workshops. They're broken into categories to help you identify those that best suit your needs.

Breathing Practices for Your Daily Routine - The 3-Part Breath

The 3-Part Breath

This is the foundational practice I always teach first.

This breath creates a state of mental alertness, even as it activates the parasympathetic nervous system so that the body-mind is calm.

The 3-Part Breath can be a wonderful way to begin a morning practice, since it uses the entirety of your lung capacity, it's a great way to wake up. Return to it as often as possible throughout the day to oxygenate the body or shake off any anxiety. Following a 3- to 5-minute practice, you will likely feel more grounded and focused.

Benefits

- Calms the mind
- Downregulates the nervous system
- Improves focus
- Oxygenates the body
- Builds concentration

The Exercise

- Find a comfortable seat, either crossed-legged on the floor, hips slightly elevated or in a chair, feet on the floor.
- Straighten your spine, pull your shoulders back and down.
- Gently close your eyes or relax your gaze and soften your jaw.

Breathing Practices for Your Daily Routine - The 3-Part Breath (Continued)

- Take a slow, easy breath to release extra tension in your body.
- Exhale completely then inhale through the nose all the way down to the lowest portion of your lungs so your belly expands outward. Practice this first part at least three times or until the breath is smooth and you can see your abdomen expand with the inhalation and draw in with the complete exhalation.
- It can help to place the right hand on the belly and the left hand on your upper chest, to more easily connect with the movement.
- When you're ready to add on, inhale the first third of the breath into the lower lungs as above, and then inhale the second third upward into the chest so that the ribcage expands. Practice this a few times or until you have it down.
- To complete the process, inhale as described above until the final third of the breath moving all the way to the top, filling the lungs completely.
- Slowly release the breath and feel the upper chest lowering first, all the way down to the belly as you draw your abdomen back toward your spine, completely emptying the bottom of your lungs. This constitutes one breath cycle.

Recommended Practice:

As needed to reduce the stress response, or as part of your daily practice.

Breathing Practices for Your Daily Routine - Box Breathing

Box Breathing is a simple yet powerful technique for down-regulating stress and improving focus. Known as the breathing technique used by NavySEALs, commander Mark Divine, creator of the **SEALFIT** fitness program, has been using it since 1987 as a critical piece of his daily routine.

The great thing is, you can use this technique anytime you're in a stressful situation, during a meeting, while you're driving or waiting in line. Instead of ramping up your stress level, shift to Box Breathing and build your mental fitness muscles instead.

Benefits

- Calms the mind
- Downregulates the nervous system
- Improves focus
- Oxygenates the body
- Builds concentration

The Exercise

- Find a comfortable seat, either crossed-legged on the floor, hips slightly elevated or in a chair, feet on the floor.
- Straighten your spine, pull your shoulders back and down.
- Gently close your eyes or relax your gaze and soften your jaw.
- Exhale to begin, then focus on your breath as you breathe in through your nose for a slow count of 4. Keep your awareness on your breath as you feel it travel down to the base of your lungs for a full belly breath.
- Hold your breath for a count of 4 seconds.
- Slowly exhale through your mouth for 4 seconds.

Breathing Practices for Your Daily Routine - Box Breathing (Continued)

- Hold for another count of 4 on the exhale or go straight into another round of 4
- count breathing cycles, holding only on the inhale.
- See if you can soften your belly and deepen your breath with each inhalation.
- Repeat the breathing cycle for as long as you need to until calm returns.

Recommended Practices:

As frequently as necessary to down-regulate a stress response. Include up to 10 rounds as part of your daily practice.

Breathing Practices for Your Daily Routine - The 4-7-8 Breath

The 4-7-8 Breath

Popularized by Dr. Andrew Weil, this breathing practice triggers the relaxation response in the autonomic nervous system. It's quick and easy enough to use it whenever you experience tension or stress.

Once you begin to add it to your everyday practice, you'll find it helpful for preventing a stress response before it happens. The effects are subtle at first try it but become more pronounced with repetition and practice. It's also an effective tool for falling asleep.

Benefits

- Calms the mind
- Downregulates the nervous system
- Improves focus
- Oxygenates the body
- Builds concentration

The Exercise

Begin by placing the front tip of your tongue against the space behind your upper front teeth, at the gum line, and keep it there for the entire practice. You will be exhaling through your closed mouth to the sides of your tongue; try extending your lips slightly if this seems awkward.

- Find a comfortable seat, either crossed-legged on the floor, hips slightly elevated or in a chair, feet on the floor.
- Straighten your spine, pull your shoulders back and down.
- Gently close your eyes or relax your gaze and soften your jaw.
- Exhale completely through your mouth, making a whoosh sound.

Breathing Practices for Your Daily Routine - The 4-7-8 Breath (Continued)

- Close your mouth and inhale quietly through your nose to a count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight.
- This is one round. Now inhale again and repeat the cycle three more times for a total of four breaths.
- Inhale quietly through your nose and exhale audibly through your mouth.
- The tip of your tongue stays in position the whole time.

Recommended Practice:

Aim for at least 3 times a day for best results, but avoid doing more than 4 rounds at one time at first. Later you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not be concerned; it will pass.

Breathing Practices for Your Daily Routine - Breathing in Steps

Exhale focused version

Exhale-extended breathing calms your autonomic nervous system (ANS).

This breathing pattern is a great way to introduce breath holding patterns into your practice. The focused awareness on your internal state helps you to see where your breath may be perpetuating anxiety.

In this version of the Breathing in Steps, the focus is on the exhalation. Use it as part of your morning daily routine or as a way to manage stress in the moment. This practice can be done either while sitting or standing.

Benefits:

- Calms the mind
- Downregulates the nervous system
- Improves focus
- Oxygenates the body
- Builds concentration

The Exercise

- Find a comfortable seat, either crossed-legged on the floor, hips slightly elevated or in a chair, feet on the floor.
- Straighten your spine, pull your shoulders back and down.
- Gently close your eyes or relax your gaze and soften your jaw.
- Start with a full exhale to prepare, then inhale slowly through your nose into a soft belly breath.
- Begin to exhale through your nose, inserting a 2 second pause at to the halfway point

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Breathing Practices for Your Daily Routine - Breathing in Steps (Continued)

- Exhale the other half of your breath slowly, then pause for 2 seconds.
- Inhale completely and fully, pausing for 2 seconds at the top of the inhale.
- On the next exhale, begin counting each outbreath interval for 2-3 seconds, so the full exhale is 6-8 seconds including the hold.
- Inhale to a count of 3 or 4.
- Repeat this pattern for 4 full breaths.

Recommended Practice:

Repeat this exercise for 4 full breathing cycles throughout the day as needed to down-regulate a stress response.

Breathing Practices for Your Daily Routine - Alternate Nostril Breathing

One of my daily, go-to breathing practices both for starting my morning and for calming in the face of stress. A few minutes of breathing in a calm, rhythmic pattern through one nostril at a time brings your autonomic nervous system (ANS) into balance and downregulates your emotional state.

Benefits:

- Calms the mind
- Oxygenates the body
- Increases focus
- Brings your nervous system into balance
- Creates equilibrium

The Exercise

- Find a comfortable seat, either crossed-legged on the floor, hips slightly elevated or in a chair, feet on the floor.
- Straighten your spine, pull your shoulders back and down.
- Gently close your eyes or relax your gaze and soften your jaw.
- Exhale fully through both nostrils.
- Use your thumb to close your right nostril, and your ring finger & pinky finger work as a team to close the left.

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Breathing Practices for Your Daily Routine

Alternate Nostril Breathing (Continued)

- Inhale slowly and gently in the left nostril for a full belly, or diaphragmatic breath.
- After you complete a full inhalation, close the right nostril with your thumb and exhale slowly and gently out of your left nostril.
- This completes one round: inhale left nostril, exhale right, inhale right, exhale left.
- At the end, drop your hand down, take a big breath in through both nostrils, hold in a few seconds and sigh it out. This is a great time to do a short meditation if you want to make this part of your daily routine.
- Practice begins and ends with the left nostril.

Recommended Practice:

5 to 12 rounds as needed, or for 5-10 minutes as part of your morning practice. If you find it hard to breathe through the nose due to congested sinuses, you can keep your teeth clenched, open your lips and breathe in through the mouth, followed by a normal exhale.

Breathing Practices for Your Daily Routine - Breath of Fire

This more advanced breathing method involves partial breath retention combined with rapid nasal breathing. Often practiced in combination with Bellows Breath and Alternate Nostril Breathing to quiet the mind for meditation.

This stimulating breathing method is a highly effective way to help you focus your energy prior to meditation.

During practice, the stress activation response is gently stimulated, boosting your metabolism before returning to resting. This short uptick shortcuts a full blown stress response so the positive benefits stay without awakening the cortisol response.

If you feel especially anxious, or are new to breath retention practices, take it slow in the beginning. Best to avoid this practice if you have untreated high blood pressure, heart disease, or glaucoma.

Focus on chest breath.

Best done first thing in the morning on an empty stomach as part of your daily practice.

Benefits

- Calms the mind
- Downregulates the nervous system
- Enhances focus
- Calms the mind
- Builds concentration

Breathing Practices for Your Daily Routine - Breath of Fire (Continued)

The Exercise

- Find a comfortable seat, either crossed-legged on the floor, hips slightly elevated or seated in a chair, feet on the floor.
- Hands can rest on your thighs, palms up or down.
- Gently close your eyes or relax your gaze.
- Take a few deep easy sighs, releasing extra tension in your body.
- Exhale completely and then inhale naturally
- Begin a series of rapid forced exhalations through your nose followed by reflexive inhalations. Force the exhale then let your inbreath naturally follow.
- Keep going with this short, sharp pattern of rhythmical breathing, focused on the exhalation as many times as you can before you need to take a catch breath.
- 2-3 more rounds and then resume regular breathing.

Recommended practice:

Do up to 3 breath cycles, take a “catch breath” in between. Work up to 30 to 50 breaths per round, increasing as you can without disrupting the rhythm.

Breathing Practices for Your Daily Routine - Cooling, or Hissing Breath

If you find it difficult to breathe through your nose, this practice is a good option. The action of pulling the air through the teeth creates a cooling effect on the body, and the deep belly breathing downregulates the stress response. Use this practice sitting, standing or even while walking.

Benefits

- Calms the mind
- Downregulates the nervous system
- Enhances focus
- Calms the mind
- Builds concentration

The Exercise

- Find your comfortable seat, spine straight but not stiff so you're alert yet relaxed.
- Gently close your eyes or relax your gaze.
- Exhale fully through both nostrils.
- With your mouth closed, part your lips slightly
- Place the tip of your tongue against the back of your teeth
- Exhale slowly through your closed teeth, feeling the air move around your tongue. Your inhalation makes a hissing sound as the air passes around your tongue.
- Continue to inhale deep into your lower lungs, softening your belly
- Hold your inbreath for three to five seconds
- Exhale normally through the nose or mouth.

Energizing Breathing Practices - Bellows Breath

Use these uplifting exercises anytime you need an extra energy boost, no caffeine required!

Bellows Breath

This active breath-holding practice is both calming and invigorating. Isolating the belly, you'll pull in and out to create a wave-like deep pumping action that massages the intestines and gently stimulates the autonomic nervous system when combined with deep breathing.

Best done first thing in the morning on an empty stomach.

Often used in combination with Breath of Fire and Alternate Nostril Breathing as part of a daily practice.

Focus on belly, or diaphragmatic breathing

Benefits

- Warms the body
- Increases energy
- Focuses the mind
- Stimulates metabolism

Caution!

Avoid this practice if you have:

- Acute anxiety
- Stomach ulcer
- Abdomen injury
- Hypertension or hypotension
- Cardiac problems

Energizing Breathing Practices - Bellows Breath (Continued)

The Exercise

- Find a comfortable seat, either crossed-legged on the floor, hips slightly elevated or seated in a chair, feet on the floor.
- Hands can rest on your thighs, palms up or down.
- Gently close your eyes.
- Exhale completely and lean forward as you shift your weight into your hands to release your belly.
- Begin a series of pulling the belly in and releasing in a rhythmic pattern as you hold your breath out.
- Keep going with in an out pattern until you need to take a catch breath.
- One outheld breath followed by an inhale constitutes one round

Recommended practice:

2-3 breath cycles and then resume regular breathing.

Work up to 30 pulls per round, increasing as you can without disrupting the rhythm

Energizing Breathing Practices - Breathing in Steps

Inhale-extended focus

This practice requires you to really tune your awareness to your emotional state as you notice whether your breath is stressed and shallow or calm and deep as you insert a pause at different intervals.

This energizing version of the practice emphasizes the inhalation to reset your focus and boost your energy during the day.

Benefits

- Increases emotional awareness
- Boosts energy
- Improves focus
- Downregulates stress
- Oxygenates the body

The Exercise

- Start with a full exhale to prepare, then begin to inhale one-half of your breath slowly.
- Pause for 2 seconds.
- Inhale the other half of your breath, keeping the same pace, then pause for 2 seconds.
- Exhale completely and fully, pausing for 2 seconds at the bottom of the exhale.
- On the next inhale, begin counting each half of the inbreath for 2-3 seconds, so the full exhale is 6-8 seconds including the hold.

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Energizing Breathing Practices - Breathing in Steps (Continued)

- Exhale to a count of 3 or 4.
- You can continue to build upon this pattern, this time in three steps: inhale one-third, pause for 2 seconds; inhale one-third, pause for 2; inhale one-third, pause for 2. Exhale completely and pause for 2.
- Best done first thing in the morning on an empty stomach.
- If you're new to deep breathwork, you may want to try this lying down first to gauge your response. It's normal to feel tingly and possibly a bit light-headed as you acclimate to the practice, but if you feel like it's too much or you may pass out, back off on the intensity.
- Focus on the breath instead of meticulously counting. You can lift a finger for every round of ten if it helps!

Recommended practice:

At least 4 rounds or as many as it takes to reduce the stress response.

Energizing Breathing Practices - Tummo or Wim Hof Style Breathing

(Advanced practice)

Most recently popularized by 21-time World Record holder Wim Hof, this method is simple, yet complex. The deep breathing and holding practice is proven to help regulate stress levels, boost the metabolism, and improve vascular health.

The Wim Hof method combines the breathing practices with brief sessions of cold water exposure, like a minute-long cold shower or for maximum intensity, an ice water bath. Regardless if you decide to include cold exposure, the breathing practice is powerful either way.

Caution: Try this method lying down first. It makes some people lightheaded so be sure it works for you before engaging in a seated practice. If you begin to feel dizzy anytime during the practice, return to normal breathing patterns.

Benefits

- Warms the body
- Increases energy
- Reduces stress
- Enhances focus
- Stimulates metabolism

Energizing Breathing Practices - Tummo or Wim Hof Style Breathing (Continued)

The Exercise

- Find a comfortable seat, either crossed-legged on the floor, hips slightly elevated or seated in a chair, feet on the floor OR lay on your back.
- Hands can rest on your thighs, palms up or down.
- Gently close your eyes.
- Start to breathe fully in through your nose, filling your belly and lungs to capacity, then let go, letting the breath release naturally and without force through your nose or mouth. You may want to visualize a wave building up to a crest, then releasing.
- Continue for 30-40 breaths and on the last breath, breathe out, completely emptying the lungs. Tuck your chin and hold out for as long as you can (without forcing)
- In the next breath following the hold, fill your lungs completely and hold in for 10-15 seconds, until you need to take a breath.
- Repeat the entire process for another 2 or 3 rounds
- On the final hold in, engage your pelvic floor and contract your abdominal muscles to force the breath upward before ending the practice
- Let your breathing return to neutral

Recommended practice:

30-40 full, 3-part breaths; fully in and gently out 3-4 rounds.

Don't rush! If you feel lightheaded, slow your breathing down.

In-the-Moment Practices - Uplifting: Breath of Joy

These are a few of the practices you can use to increase your energy, lower or redirect negative stress in the moment after a trigger.

The energizing Breath of Joy is a great way to begin your day, as well as anytime you need an energy boost.

The strong arm movements deliver an immediate release of pent-up tension, temporarily stimulating the sympathetic nervous system and oxygenating the body. In combination with the breathwork, this method leaves the mind calm and focused as the parasympathetic nervous system kicks in.

This breathing method counters the shallow chest breathing associated with anxiety as it clears the mind, leaving behind a sense of focus and clarity. A great way to close your morning breathing session, this practice is the perfect antidote to an afternoon (or anytime of day) slump. Helpful for releasing negative energy as well.

Benefits

- Increases emotional awareness
- Boosts energy
- Improves focus
- Downregulates stress
- Oxygenates the body

In-the-Moment Practices - Uplifting: Breath of Joy (Continued)

The Exercise ([Click Here for Video](#))

- Stand with feet hip-distance apart, knees slightly bent, as though you are about to sit down in a chair.
- Inhale to 1/3 of your lung capacity through the nostrils as you swing the arms up and straight out in front of you, keeping them parallel until they come to shoulder level.
- Continue to inhale to 1/3 capacity as you stretch your arms out to either side in a T position at shoulder level.
- Inhale to full capacity and continue to swing the arms straight up over the head, palms facing each other.
- Now open your mouth and exhale completely with a loud “ha” while you bend your knees more deeply, sinking into a standing squat swinging the arms back behind you. you can repeat this up to 10 more times as you focus on coordinating the movement of the arms with the movement of the breath, finding your own rhythm.

Recommended practice:

3-8 rounds.

Breath of Joy can be practiced seated as well.

In-the-Moment Anxiety Reduction Practices - The Physiological Sigh

Labeled **the Physiological Sigh** by Stanford researcher Mark Krasnow, this super simple breathing method has been called the fastest path to stress reduction. Especially helpful because you can do it anywhere!

This practice works to reduce stress by decreasing the CO2 levels in the lungs, bringing the autonomic nervous system (ANS) into balance and downregulating your emotional state.

The neural circuits that control the heart work a little more slowly than those which control the lungs, so the heart rate will take about 40 seconds to come down.

If you find it hard to breathe through the nose due to congested sinuses, you can keep your teeth clenched, open your lips and breathe in through the mouth, followed by a normal exhale.

Benefits

- Calms the mind
- Oxygenates the body
- Brings your nervous system into balance
- Creates equilibrium between alertness and relaxation

In-the-Moment Anxiety Reduction Practices - The Physiological Sigh (Cont.)

The Exercise

- Sitting or standing, begin by exhaling fully.
- Eyes open or gently closed, take 2 full inhales through the nose followed by an extended exhale through the mouth, breathing all the air out.
- Breathe fully into your belly, extending it to create space as the diaphragm lowers, then continue breathing upward into your chest, which begins to expand as your belly moves slightly inward.
- For each breathing cycle, be sure to take a full breath in and to exhale completely, bringing the maximum volume of oxygen into the lungs.
- Complete 2-3 rounds.
- At the end, drop your hand down, take a big breath in through both nostrils, hold in a few seconds and sigh it out. This is a great time to do a short meditation if you want to make this part of your daily routine.

Bonus: Best Practice for Falling Asleep - Relaxing Body Scan

This exercise was developed by Jon Kabat-Zinn at the University of Massachusetts, Amherst Medical School to manage stress and chronic pain. A great way to relax your mind and body before bedtime, this practice can help you begin to recognize and process difficult memories and emotions you may be subconsciously holding onto.

Benefits

- Calms the mind
- Downregulates the nervous system
- Improves focus
- Builds concentration

The Exercise

- Lie down on your back either on your bed or a place where you'll be comfortable and undisturbed. Switch to nasal breathing and begin to deepen your breath as you focus your attention on the movement of your breath, quieting your mind.
- Move your attention from the back of your head, your shoulders, your back, your hips, the backs of your legs, and your heels touching the ground. Let your body relax and sink into the ground supporting it.
- Return to attention to your breath as you continue to breathe naturally, gently, deeply, letting go of thoughts or distractions.
- Begin by bringing your awareness to the sensations in your feet. Bring your attention to the toes of your right foot, tuning in to any feelings of discomfort, breathing gently into any tension in your toes as you visualize letting it go. Tune into each part of your right foot; the arch, the ankle and heel of your right foot, carefully noticing the sensations in each part of the foot, visualizing breathing tension release into every part. (CONTINUED NEXT PAGE)

Bonus: Best Practice for Falling Asleep - Relaxing Body Scan (Continued)

- Do the same thing slowly for your left foot, for every part of your body as you move up from right to left; each part of your legs, hips, back, torso, hands, arms, shoulders; to each ear, each eye, your nose, mouth, to the entire head.
- As you scan your body, imaging sending healing energy to every place that holds pain or tension. You can slow down and extra attention to anywhere you need it. The body scan helps you connect with and become safely aware of every experience of your body.
- Practice being especially mindful of the places you tend to hold tension, or store difficult emotions; your belly, your heart center, and your throat and jaw, areas that may hold unconscious somatic memories of shame, anger, or fear. Be ready to meet these feelings by noticing them, labeling them, and breathing deep self-compassion into them, as you begin to decouple them from the anxiety response.
- End this practice by tuning into your body as a whole. Cultivating the self-compassion and self-acceptance that all humans need and deserve.

Through this exercise, you are creating a larger awareness and acceptance of your body. Later, if you experience difficult memories or emotions, the body scan creates a safe method for processing the feelings that arise, as you label them and return to that place of self-compassion.