

~ CALMER MIND ~

At Home Rituals by [Bulgari Spa London](#)

**BEST FOR**

How you breathe can significantly influence how you feel in everyday situations, and is arguably just as important a part of a healthy lifestyle as nutrition, movement and sleep. Workshop Gymnasium performance specialist and qualified Breathwork consultant, Alex Parsons, shares the Box Breathing method in five simple steps. Breathing this way will trigger your parasympathetic nervous system, slowing your heart rate and encouraging focus, resulting in a calmer mind.

**FIVE STEPS**

- 1.** Get into a comfortable starting position, ideally on your back with knees bent towards your chest, or alternatively sitting upright in a chair will also work.
- 2.** Place your left hand on your chest and your right hand on your belly, just below your waistband.
- 3.** Start inhaling and exhaling through your nose to a regular tempo that feels natural and start noticing where the breath is going (chest or belly). Continue for two minutes.
- 4.** Now start the Box Breathing method, which involves inhaling for five seconds through your nose, holding your breath for five seconds, then exhaling through your nose for five seconds and holding your breath for a further five seconds. Repeat this for five minutes.
- 5.** Inhale deeply, and consciously send the breath to your belly rather than your chest. You can do this by using your right hand as a guide as it rests on your belly - try to make it rise first before your chest. Your left hand and chest will rise a little on the inhale once your belly is full of air, creating a wave effect.

**ADDITIONAL TIPS**

- ✓ With each inhale, direct the breath deep into your belly.
- ✓ Breathe in laterally, trying to fill your belly on the left and right simultaneously.
- ✓ It is important to breathe through your nose and not your mouth as our brains associate this with emergency 'fight or flight' situations, which can increase cortisol levels and further activate our natural stress response.

