Breathwork

What is it?
Breathwork is one of two tools you can use anytime you're stressed, triggered, or otherwise overwhelmed. It's super simple and when combined with Body Awareness, it becomes an easy way to get SPACE from the walls of your Perception Box.

You know how cameras have apertures? Breathwork helps you expand your mental aperture so you can take in more information about what's actually happening all around you. It alone literally expands the walls of your Perception Box!!

The Science
Breathwork has been scientifically proven to:
- Deactivate the sympathetic nervous system (fight or flight).
- Activate the parasympathetic nervous system (so you feel safe and calm).

Try it!
- Release all the air from your lungs.
- Inhale through your NOSE and count to 4.
- Exhale out your MOUTH and count to 6.
- Repeat 3x.
- Celebrate your agency!

Reflections
How do you feel? If you want more of that feeling, do it for a couple of minutes—just prepare to get really high :)

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