Don't Forget To Breath

Breathing is everything. I know that is kind of a lame statement. But it is true. Stop breathing and you die. Breathing, along with keeping you alive it regulates so many things. When I get excited my breath speeds up, sometimes I miss breaths. I also know when I want to calm myself down I start slowing my breath down and it works. When I want to not respond and think something through, I stop and take three deep breaths. So often my breathing is the horse that pulls the cart of my actions and reactions. It is an indicator of how calm, cool, collected and serene I am. So, today - take notice of your breath. Write down how your breathing changes when things happen that excite you or make you anxious. How does it change? How do you feel? How do you feel when you slow down and breath slowly and deeply? Do you find yourself being less reactive? Less anxious. Do the breath test. Then try and take those results and use them daily to focus and stay in the moment. Breathing Rules!

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