

Take Five Breath



Take Five is a breathing technique that acts as a quick fix, helping us to breathe and relax, especially during moments of stress. Take Five is common expression used when people intend to take a break for your mind and body. You can “Take Five” anytime you feel you need it.

When we feel nervous, anxious or stressed a very natural reaction is to hold the breath, breathe rapidly, or breathe in uneven and choppy bursts. These reactions only create more stress within the mind and body. Take Five teaches us to connect with the breath and use it as a tool to steady and calm the mind and body. Sometimes we cannot change or control a situation or experience, but we can control how we react to it. The ability to slow and even out the breath is a fantastic tool to have in your toolbox, it enables you to take control of how you respond to stress and tension.

- ♥ Hold your hand up, splaying all four fingers and the thumb wide.
- ♥ Slowly breathe into the count of five, curling one finger in at a time as you count of 1-2-3-4-5.
- ♥ Once you reach five, pause, and then slowly breath out to a count of five, extending one finger at a time back out as you count, 1-2-3-4-5.
- ♥ Repeat for several rounds.
- ♥ Return to natural breathing
- ♥ Check in with your natural breath rhythm- you should find it is naturally slower and more even after completing just a few rounds of Take Five.
- ♥ Check in with how you feel- you should feel a lot more centered and calm.