



HOW TO CALM YOUR NERVOUS SYSTEM



I help women who are self sabotaging their health feel confident to make healthy choices and love themselves!

This is one of the powerful techniques that enabled me to consider making changes in my life.

Simone Braund

The Physiological Sigh

The Physiological Sigh is an exercise for stopping anxiety and stress in their tracks as it mimicks the bodies natural reflex when we are upset. You may have noticed yourself, or your children do this type of breath after a while of being upset and crying.

This technique is perfect for those high-energy moments where it just seems like we can't control our minds.

Often times during these moments we'll try and use the mind to calm the mind; however, in this exercise, we are going to do something strictly mechanical by breathing in a specific pattern.

This technique will slow the heart rate down and calm the fight or flight response, allowing us to regain control.

The technique is simple and here's how it works:

- We are going to do two rapid inhales through the nose, followed by a long, extended exhale through the mouth.
- Try to do the inhales through the nose, even if you feel a little congested. If your nose is totally blocked, breathe in through your mouth with pursed lips.
- We are going to repeat this 10 times, before returning to our normal breathing pattern.

Go to this link and click play for a guided experience:

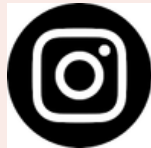
<https://bluedoormedia.co/2021/03/12/the-physiological-sigh-for-stopping-anxiety-and-stress/>

Give this a try the next time you feel overwhelmed by stress or anxiety and don't forget to share with friends and family who may benefit.



My greatest wish is that you include this powerful technique to your daily rituals to relax and calm your nervous system. You are powerful beyond measure with choice in each moment.

If you have any questions please don't hesitate to contact me. If we are not already connected follow me on FB for more tips and join my FB group via links below. See you soon!



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