

COVID-19 Activities

BREATH WORK

Why is breath work important?

Deep breathing is linked to the sympathetic nervous system, which controls the fight-or-flight response. It is one of the best ways to lower stress in the body, sending a signal to the brain to calm down and relax. It also helps boost immunity, heal emotional pain and trauma, develop concentration and self-awareness, and increases self-confidence.



HEART & BELLY

Place one hand on your heart and one hand on your belly. Inhale in through the heart and exhale out through the heart.

Inhale in through the belly and exhale out through the belly. Try lying down and place an object on your belly to see how it rises with each breath.

LION'S BREATH

Imagine you are a lion ready to roar. Sit on your heels and bring your hands with your palms facing forward on either side of your face. As you inhale, scrunch up your hands and face. As you exhale, open your hands, eyes, and mouth and stick out your tongue and ROAR! Repeat 3x.

SWAYING BRANCHES

In the same way that a tree branch sways with the wind, we are going to sway with our breath. Inhale arms up and exhale to lean to one side, inhale back up and exhale to the other side. Repeat several times.

SELF HUG

Self Hug: Inhale and open your arms wide. Exhale and place your hands on the opposite shoulder blades by bringing your arms around your body. Give yourself a hug. Repeat four times.

