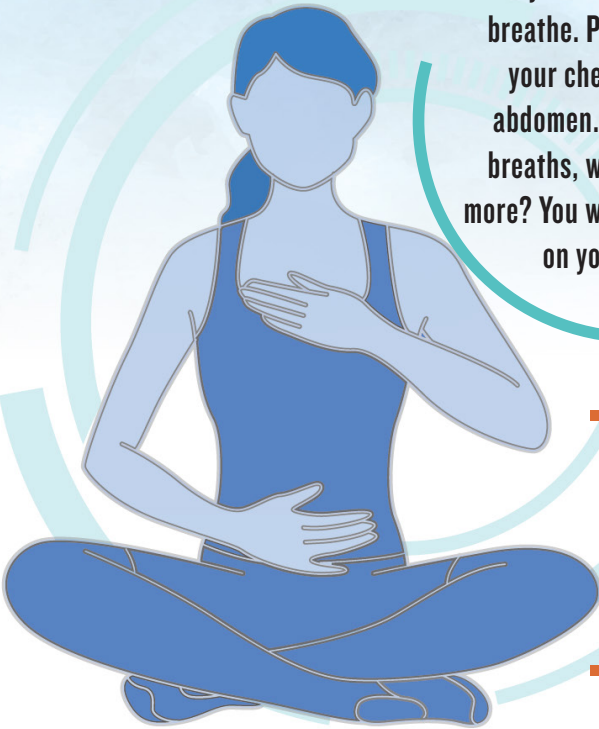


# DELIBERATE BREATHING

## IMPROVE YOUR WELL-BEING

Deliberate Breathing can boost your performance and recovery—use it to focus and restore your energy

### BREATHING TECHNIQUE



Pay attention to how you breathe. Place one hand on your chest, one on your abdomen. Take a few deep breaths, which hand moves more? You want it to be the one on your stomach.

Take slow deep breaths in a 5/5 cadence; 5 count inhale, 5 count exhale. Imagine you have a balloon in your stomach, and you are inflating it slowly.

You can also use deliberate breathing to generate positive emotions when you're feeling tense or nervous. Recall a past experience when you felt gratitude, joy or love. Start deliberate breathing and focus on that positive experience as you breathe deeply.

### BENEFITS OF DELIBERATE BREATHING

#### Performance Benefits

- Precision, Accuracy and Motor Control
- Memory and Recall
- Composure, Poise and Self-Control
- Concentration and Mental Agility
- Increased Reaction Time

#### Recovery Benefits

- Increases Energy Efficiency
- Speeds Healing
- Helps Manage Pain
- Reduces Insomnia

For maximum benefits, practice deliberate breathing daily. Start slow (2 minutes a day) and increase as you go (5 minutes or more a day)!



For more ways to strengthen your resilience, connect with us at:

@ArmyResilience  