

Five Deep Breaths



Perhaps your biggest ally in countering response mechanisms like the ladder of inference and amygdala hijack is your breath. Yes, of course you are already breathing! But, are you breathing deeply enough to see your way through fear and discomfort?



Try out this easy breathing practice.

Here's how:

For each of 5 breaths, take 3-5 counts to inhale and 3-5 counts to exhale. That's it!

You can do this while on conference calls, in meetings, or alone at your desk. Anytime. You have

everything you need to do this practice with you at all times.

As with any habit, mark daily reminders in your calendar to practice Five Deep Breaths (***seriously***, putting it in your calendar will help even if you think you'll remember on your own). Do this 3x each day during this Week 3.