

Weekly Wisdom

Grow the Green for You and Your Team



When you own your breath, nobody can steal your peace.
~ *Author Unknown*

Celebrate Mental Health Day: Breathe!

October 10th is World Mental Health Day. A sure way to maintain & improve your mental health is to breathe. Yep. Breathe!

In this Podcast, pro-surfer Sarah Gerhardt and scientist David Spiegel explain the power cyclic breathing.

Prepare: Find a comfortable seated or standing position in a quiet environment. Relax your shoulders and jaw.

First Inhale: Inhale slowly and deeply through your nose. Start with your abdomen, allowing it to expand (diaphragmatic breathing) as you fill

your lungs about halfway. Hold this breath briefly.

Second Inhale: Continue inhaling through your nose, now expanding your chest to completely fill your lungs. Hold this combined breath (abdomen and chest filled) for a moment.

Exhale: Exhale slowly and completely through your mouth. Make sure the exhale is gentle and lasts about twice as long as the combined inhales.

Repeat the inhale sequence for a total of 3 cycles (or as desired).