Practice Deep Breathing

Stress Aid
Deep breathing reduces stress and anxiety, promoting calm and well-being.

Lower BP
Deep breathing lowers blood pressure and heart rates for heart health.

Immune Up
Better oxygen flow and lower stress boost immunity against infections.

Lung Health
Diaphragmatic breathing boosts lung efficiency.

More Energy — Deep breathing boosts energy and performance.

Better Sleep — Deep breathing before sleep calms your mind.

4-7-8 Techique — Inhale 4, hold 7, exhale 8 for calm.

Deep Breathing — Sit or lie down, breathe deeply to expand lungs.

Daily Practice
Dedicate a few minutes each day to deep breathing exercises, in the morning or at night.

Set Reminders
Set app alerts to remind you to breathe deeply during stress.

Mindfulness
Use deep breathing with mindfulness for better relaxation.