How are you breathing right now? Are your breaths slow and deep, or short and shallow? You probably won’t be surprised to hear that deep breathing is a proven tactic to relieve stress. But it may be tough to take a break and practice deep breathing. So here’s your chance! Slow down for just a moment, tap into your breath, and give yourself a tool to find your focus — whenever, wherever.

**TRY DEEP BREATHING**

Fill your lungs with air, slowly counting to 4 as you breathe in. Hold your breath for another 4 counts, then release the air slowly over another 4 counts. Try this for several rounds of breath.

When you’ve finished, check in with yourself. Ask yourself: How am I breathing now? How do I feel? Do I notice any different sensations in my body or my mind?

**CHANGE IT UP**

If you have trouble slowing down your breathing at first, try these tricks:

- **Gently close one nostril with a finger.** This will halve your air supply in and out, forcing you to inhale and exhale more slowly.

- **Lie flat on your back.** This position we normally reserve for sleep can naturally signal your brain to slow down your respiration.

- **Breathe deep into your belly.** This activates your vagus nerve, telling your body in its own language that everything is going to be okay.

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