

# FOOD & MOOD

## COACHING

### FOOD & MOOD PHASE 2

### MINDFUL MOMENT SCHEDULE

### BREATHING EXERCISES

Week	Breathing Exercise	Benefits
7	<b>DIAPHRAGMATIC BREATHING (YOGIC BREATHING)</b>	<ul style="list-style-type: none"><li>+ Stimulates the vagus nerve</li><li>+ Activates parasympathetic activity (rest, relaxation, digestion, rejuvenation)</li></ul>
8	<b>SLOW NOSTRIL BREATHING (COHERENT BREATHING)</b>	<ul style="list-style-type: none"><li>+ Calm's mind and body</li><li>+ Places the heart, lungs and circulation into a state of coherence</li></ul>
9	<b>ALTERNATE NOSTRIL BREATHING (NADI SHODHANA)</b>	<ul style="list-style-type: none"><li>+ Improves lung function</li><li>+ Lowers heart rate, blood pressure and sympathetic stress</li><li>+ Reports of a clearer calmer mind and improved quality of sleep</li></ul>
10	<b>ANCHOR BREATHING (LONG EXHALE)</b>	<ul style="list-style-type: none"><li>+ Increases carbon dioxide tolerance</li><li>+ Improves lung function</li><li>+ Activates the parasympathetic state</li></ul>
11	<b>BOX BREATHING</b>	<ul style="list-style-type: none"><li>+ Calm's mind and body</li><li>+ Helps balance mental and emotional states</li><li>+ Reports of clarity, focus and feeling in control</li></ul>
12	<b>KAPALABHATI (YOGIC BREATH OF FIRE)</b>	<ul style="list-style-type: none"><li>+ Stimulating and invigorating</li><li>+ Reports of feelings of 'relaxed' energy, mind clarity and focus</li></ul>

