



nAMI Walks

YOUR WAY

Mindful Monday



1 Minute Breathing Exercise

The way you breathe can affect your whole body, increase anxiety levels, contribute to panic attacks, and even cause you to feel fatigued. Thoracic breathing (rapid, shallow breaths coming directly from your chest) can cause an upset in oxygen and carbon dioxide levels and trigger a stress response.

Diaphragmatic breathing (using the abdomen) produces deeper, fuller breaths, which can help send calming messages to your brain to relax.

Here's a quick one minute breathing exercise you can do at any time of day to help you relax and relieve tension.

- Find a quiet, relaxing place.
- Sit in a comfortable position.
- Set a timer for 1 minute.
- Breathe in deeply through your nose for a count of 4.
- Hold your breath for a count of 3.
- Slowly exhale through your mouth for a count of 8.
- Focus on your breathing. Feel your body as you inhale and notice your body as you exhale.
- Repeat this several times for 1 minute.

NAMI Vermont Minute:

NAMI Vermont recognizes that with physical distancing measures in place and restrictions due to the pandemic, many people are feeling higher levels of stress, anxiety and feelings of isolation. For people already navigating a mental illness, these times can cause even more challenges. We have been working on answering these needs with special wellness webinars, mindfulness exercises and suggestions in our newsletters, one-on-one phone calls, weekly check-ins and online In Our Own Voice presentations. NAMI Vermont is here for you to help you stay connected and find peace and hope during these uncertain times.