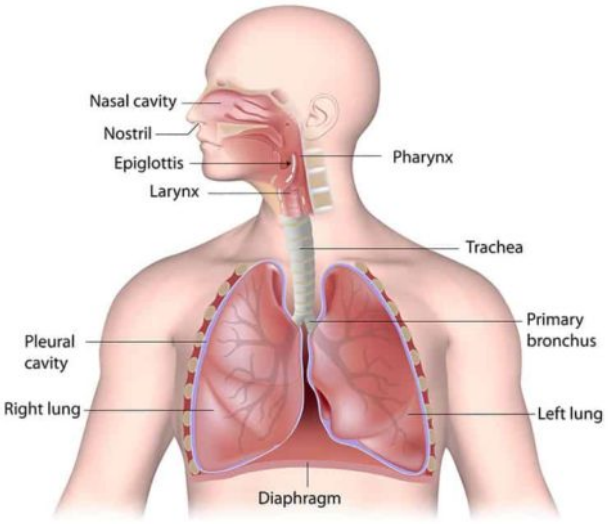
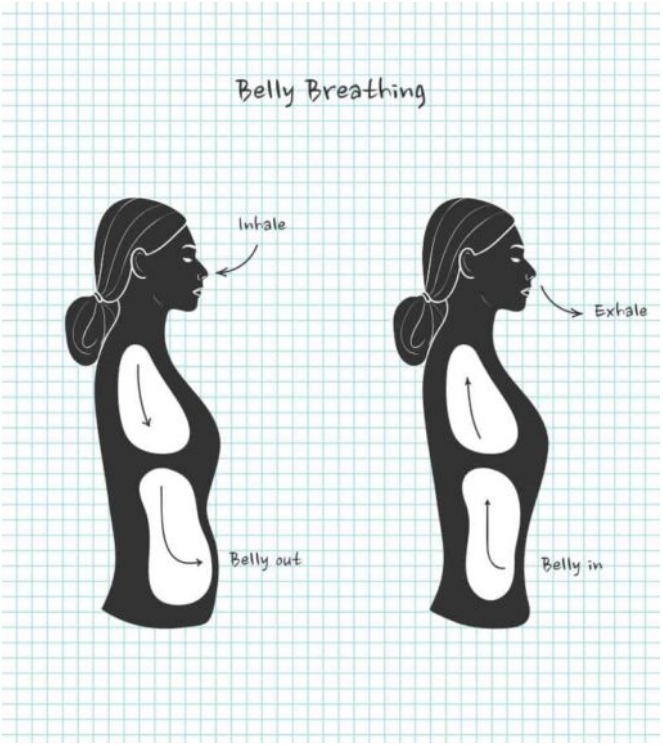
HEALTHY TIPS

Boost Your Energy Instantly with these 5 Breathing Exercises

By bestfolkmedicine · 18/06/2019 · 3 min read





If you are looking for the right energy boost in the morning, believe us, these breathing exercises are a much better choice than a cup of coffee or an energy drink.

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They are great for those who want to lower stress and increase their energy levels and go on with the chores of the day.

When you have the sufficient energy, you will have the needed stamina, low stress levels, and a healthy heart.

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This being said, in today's article, we decided to present the best breathing exercises for a quick boost in energy. And, you need not spend a lot of time to do them- they require ten or less minutes only.

Whether at home preparing to head out to work or commuting in the train or bus, do these exercises and restore your energy quickly!

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5 Best Breathing Exercises for Energy Boost

- **Relaxing breath**

Also known as the 4-7-8 breathing, this exercise is great for those who want a fast and simple energy boost. The exercise was developed by Dr. Andrew Weil and it requires breathing in for a specific amount of time and holding that breath in before a controlled exhale. To perform it, you need to sit in a straight position and exhale fully through the mouth. Then, close it and breathe in from the nose and count to four. Keep the breath for 7 seconds before you breathe out through the mouth while counting to 8.

- **Skull shining breath**

This breathing exercise is known to better the blood flow and increase the body's overall energy. Same as other yoga breathing exercises, this one also enhances the focus and minimizes stress. To do it, sit upright and rest the hands gently on the belly. Take several deep breaths and breathe in from the nose and breathe out from the mouth. Fast and forcefully, remove the air from the lungs while pulling in your navel towards the spine. Now, take a normal, relaxed breath and allow the belly to expand naturally. Repeat for 5 to 10 minutes.

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- **Three-part breath**

This exercise focuses the breath in the diaphragm and then in the abdomen before it goes into the chest. The boost of oxygen in the blood is amazing and great for beginners in breathing exercises. While sitting down comfortably and straight, relax your shoulders and put one hand over the stomach. Breathe in deeply and feel the belly rise. Then, breathe out and feel the belly's pulling in. Do 5 reps and then move the hand to the rib area. Do the same as before, 5 times. At the end, put

the hand on the chest, and feel the rise and fall of the area while breathing in and out. Do 5 reps.

- **Diaphragmatic breathing**

Also known as abdominal or deep breathing, this exercise requires the contraction of the diaphragm which is a muscle located at the lungs' base. Often used during yoga, this is a great exercise for a stronger diaphragm. To do it, lie on a flat surface and bend your knees. Put one hand on the belly below the ribs and the other on the upper chest. Breathe in through the nose, deeply, and inflate the belly. Breathe out with the lips pursed and tighten the belly muscles and pull them inwards. Repeat for 5 to 10 minutes.

- **Humming bee breath**

Thanks to this exercise, you will experience a boost in your memory and focus and reduction in anxiousness and tension and consequently, higher energy levels. To do it, sit comfortably and relax the face. Close the eyes gently and breathe in through the nose and breathe out through the nose while making a humming bee sound. Repeat for several minutes.

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Sources:

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