

Alternate nostril breathing

Breathing techniques reduce stress, anxiety, depression, and tension. They can be beneficial all throughout your life, especially during menopause. Alternate nostril breathing can help to: relax your body and mind; reduce anxiety and promote overall well-being

1. Sit upright with your spine erect and your chest wide open.
2. Place your left palm comfortably on your lap, and put your right hand just in front of your face.
3. Rest the pointer finger and middle finger of your right hand between your brows, lightly using them as an anchor. You'll be actively using the thumb and ring finger.
4. Close your eyes and breathe deeply through your nose.
5. Plug your right nostril with your right thumb, and slowly breathe in through the left nostril.
6. Use your ring finger to close your left nostril and hold your breath at the top of the inhale for a brief period.
7. Remove the thumb from your right nostril to exhale slowly and pause briefly at the bottom of the exhale.
8. Slowly breathe in through the right nostril and then put the thumb back over it.
9. Remove the ring finger from your left nostril to exhale slowly, pausing briefly at the bottom of the exhale.
10. Repeat for 5–10 cycles, focusing your mind on each inhale and exhale

