

# EVERY BITE IS DIVINE

Ideas for the Art of Healthy Living

Conscious breathing is a simple practice that can have profound physical and emotional benefits. It entails relaxing and paying attention to your breath with a non-judgmental attitude.

Over time, this and similar practices have been shown to help manage stress. Recent brain research also suggests that it can make us better choice-makers, ie. make it easier to make healthy choices.

To try this practice:

**Find a quiet place** where you are less likely to be distracted.

**Take a comfortable seat** - sit on a cushion, against a wall, or in a chair with your feet on the floor. If you are not able to sit up for 5 minutes or so, then lay flat in bed or somewhere comfortable.

**Relax and breathe.** Focus your attention on your breath, and if you can, let tension go with each exhale. Imagine that each inhale creates peaceful space inside you. If your mind begins to think of the past or future, just release the thought and come back to the breath.

**Practice non-judgmental awareness.** It is common to wonder if you are doing it right (you are), if you are wasting your time (hopefully not), or if it matters if you get up (well...). Hang in there, keep at it, and if you want to breathe with someone, check out Annie's 5 minutes for conscious breathing video.

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