

## 7 IN

Practice this simple exercise for 10 to 15 minutes per day to reduce stress and dramatically improve your ability to think clearly.

Breathe in using your diaphragm, so that your belly pushes out as you breathe in. Count up to seven while breathing in.

You don't have to breathe particularly deeply or count slowly. Choose a counting speed which suits your own lungs.

## 11 OUT

Breathe out to a count of eleven. The important thing is to count at the same speed for both in and out breaths.

It may seem a little at first – this is normal. You will have to practise every day for a few days before it gets easier.

Once you can keep it up (without forgetting to count) for at least ten minutes continuously, you will start to feel benefits.

or 3/5.