

Breathe

WELLBEING JOURNAL

MONTH & YEAR: _____

WHY?

We all need to breathe. Cells throughout our bodies, from our brains to our digestive tracts, need oxygen, which we get from the air we breathe in. We also need to breathe out the waste product carbon dioxide.

While we can't *survive* without breathing at *all*, it is difficult for our bodies to really *thrive* without breathing *well*. The shallow breaths many of us take most of the time will take care of the basics, but taking time to focus on how we breathe, and the quality of the air we breathe, can pay off with all kinds of benefits. For example, regular deep breathing may help:

- Fight stress and help us feel more calm
- Reduce blood pressure
- Increase positive feelings like happiness

Focusing on air quality is also important. Many plants clean the air of toxins, and increase oxygen in the air, so spending more time around plants – especially those outside – can help us take in more oxygen and less harmful pollutants. Taking time to regularly take deep breaths outside in fresh air is especially beneficial.

HOW?

- Download and print this journal page. Take some time to think about and answer the self-reflection questions. Use your answers and the information on page 2 to set a goal.
- Follow @NutritionFromTheHart on Instagram for tips to help you breathe.
- Each week, reflect on your progress, and make any adjustments to your goal.
- At the end of the month, do a final reflection and set a goal to continue focusing on breathing.

SELF-REFLECTION

My overall thoughts about breathing and fresh air:

I typically focus on my breathing or get fresh air this amount per day/week:

Ways I like to focus on my breathing or get fresh air:

Ways to focus on breathing or getting fresh air that I would like to try:

Personal challenges when it comes to breathing or getting fresh air:

Some ways I can make it easier to breathe or get fresh air:



Breathe

WELLBEING JOURNAL

MONTH & YEAR: _____

CHALLENGE

Set a personal goal about breathing and getting fresh air. Ideas include:

- Start walking or hiking outside for 10 minutes a day, and increase the time each week
- Set a recurring alarm with a calm sound and take 5 slow, deep breaths each hour
- Visit one new outdoor spot each week to walk, hike, or just sit and observe nature
- Practice mindful breathing 3 times a week
- Start a garden or get some plants for indoors - and tend to them each day

Any goal that challenges you will work. Write it below - then each week, assess if you've reached your goal that week, and make any adjustments that you feel would be beneficial. If you met the goal easily, you might want to add an additional challenge. If it was really difficult, you might want to make it easier. Remember, this is YOUR goal, and it's OK to change it in order to be more successful.

MY BREATHING GOAL:

WEEK 1

How did I do? Should I make adjustments or stay the course?

WEEK 2

How did I do? Should I make adjustments or stay the course?

WEEK 3

How did I do? Should I make adjustments or stay the course?

WEEK 4

How did I do? Should I make adjustments or stay the course?

FINAL REFLECTION

Did I focus on breathing and fresh air more this month? What can I do to continue this focus?