

# 4 SIMPLE WAYS TO CATCH YOUR BREATH

*My invitation to you is the same as the one offered by my teacher and friend, Jesus...*



***"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."***

*Within The Breathing Room community we are always learning the ways of rest and renewal. We are regularly training ourselves to listen more closely and connect more deeply. Here are just a few simple steps you can take to find a little breathing room for yourself today.*

1 ~ It's time for **a truly deep breath**. Find a quiet place (even a closet or bathroom will do!). Lay on the floor with your knees bent or sit comfortably. Close your eyes and place one hand on your upper chest and one on your stomach. Slowly take a deep breath from your abdomen and feel your stomach rise as your chest remains still. Pause briefly and then slowly exhale your breath feeling your stomach fall. Repeat this slowly and steadily a few more times. Silently say, "Be still," on the inhale. Silently say, "and know," on the exhale. Use as often as needed!

2~ Did you know that spending time outside has been proven to fight depression, improve memory, and lower blood pressure? Why not see what stepping outside your back door could do for you?! Go for a walk. Sit in the sunshine. Have a simple picnic with someone you love. And while you're out there, pick a few flowers and stick them in a pickle jar on your counter. **The beauty of nature is good for your soul** (and your mind & body too!).

3 ~ What we consume, consumes us. **Print the below scripture passage and sit it right beside your bed**. Over the next week, let it be the first thing you consume in the morning and the last thing you consume at night. Before your feet hit the ground (or your finger hits your phone : ) **read these words of truth aloud slowly**. Let them soak into your soul. Read them a second and maybe even a third time. Repeat at bedtime. Could something so simple get you breathing more deeply? Try it for a week and see!

4 ~ Together is better! Let us help you prioritize breathing room every day! **Join our cozy, little community** and engage with us in weekly, face-to-face soul care practices. Fill your toolbox with spiritual tools to build a more peaceful and purposeful life. We will save a seat for you! With love, Elizabeth

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Then you will call upon me and come and pray to me,  
and I will hear you. You will seek me and find me,  
when you seek me with all your heart.

I will be found by you, declares the Lord, and I will restore your  
fortunes and gather you from all the nations and all the  
places where I have driven you, declares the Lord, and I will  
bring you back to the place from which I sent you into exile.

Jeremiah 29:12-14, NLT