

Instructions for the 5,4,3,2,1 Relax Technique

The vagus nerve is the longest and one of the most important nerves in your body. It has different functions depending on where it is in the body. The function of the vagus nerve at the base of your diaphragm is to send a signal to your brain to stimulate the release of calming chemicals. Proper breathing stimulates the vagus nerve. Your body cannot produce stress chemicals at the same time it releases endorphins and other calming chemicals, so this is why proper breathing helps you feel calm and in control.

Each module in the Conscious Napping® programming starts with learning and practicing the 5,4,3,2,1 breathing technique.

Get quiet and practice with the recording a few times. Then allow yourself to relax as you practice on your own every day without the recording: 5 breaths in a row, five times each day, for 5 weeks.

For the average person, it only takes one minute to do this exercise. Practice it when you can focus on relaxation so your brain connects the technique with the feeling (not when you are distracted or stressed). Soon, that feeling will be there whenever you need it. It's a great return on your investment of only 1 minute at a time, 5 minutes a day!

Practicing this breathing technique over five weeks creates a beneficial habit for life that will deliver a wonderful feeling of calm relaxation whenever you need it.