



How to *Breath*



Why Breathing Can Overcome Procrastination:

By practicing intentional breathing techniques, you are actively influencing your neurological and emotional states. The **prefrontal cortex** (responsible for executive functions like focus and decision-making) becomes more active when you breathe slowly and deeply. Simultaneously, the **amygdala** (the brain's emotional center) calms down, reducing the feelings of fear or anxiety that often lead to procrastination.

Breathing exercises reduce the impact of **negative emotions** (like fear, anxiety, or stress), and increase the production of **neurotransmitters** that promote a sense of well-being and focus. This creates a more relaxed and clear-headed state that is conducive to action and productivity.



Alternate Nostril Breathing (Nadi Shodhana)

What is Nadi Shodhana?

Nadi Shodhana (pronounced nah-dee shoh-dhah-nah) is an ancient yogic breathing technique designed to purify the energy channels (nadis) in the body. "Nadi" means "channel" or "flow," and "Shodhana" means "purification." By practicing alternate nostril breathing, you can clear blockages in your physical and energetic system, balance your mind, and increase focus.

In modern terms, Nadi Shodhana helps reduce stress, anxiety, and mental fog—common triggers for procrastination. It can also enhance cognitive function, improve concentration, and activate the parasympathetic nervous system (which promotes relaxation and calm).



- **Benefits of Nadi Shodhana:**

- **Reduces Anxiety & Stress:** Calms the nervous system and lowers levels of cortisol (stress hormone).
- **Enhances Focus & Clarity:** Balances the brain, improving focus and concentration.
- **Promotes Emotional Balance:** Helps regulate emotions by clearing the mind and improving mood.
- **Increases Mental Alertness:** Clears mental blockages, making it easier to think clearly and take action.
- **Improves Breathing & Lung Capacity:** Strengthens the respiratory system and supports optimal lung function.

- **How to do it:**

1. Sit in a comfortable position with your spine straight.
2. Close your right nostril using your right thumb.
3. Inhale deeply and slowly through your left nostril for a count of **4-5 seconds**.
4. Close your left nostril with your right ring finger, and release your right nostril.
5. Exhale slowly and fully through the right nostril for a count of **4-5 seconds**.
6. Inhale through the right nostril for **4-5 seconds**.
7. Close your right nostril again and exhale slowly through the left nostril.
8. Repeat this pattern for **5-10 minutes**.



- **Find a quiet space:** Practice Nadi Shodhana in a calm, quiet environment to fully benefit from its calming effects.
- **Be patient:** It may take a few attempts to get used to the rhythm. Allow yourself time to become comfortable with the technique.
- **Consistency is key:** Practice regularly, ideally in the morning or whenever you feel stressed or distracted. The more you practice, the better the results.

- **Incorporating Nadi Shodhana into Your Day:**

1. **Before Tackling Tasks:**

- If you're struggling with procrastination, take 5 minutes to practice Nadi Shodhana before you start working. This will help you feel more centered and ready to tackle the task.

2. **During Breaks:**

- If you feel your energy waning or become distracted while working, take a break and practice Nadi Shodhana for a few minutes. This will help reset your focus and calm your mind.

3. **In High-Stress Situations:**

- Whenever you feel overwhelmed, anxious, or mentally blocked, practice Nadi Shodhana to quickly reduce stress and restore focus.

Feel free to print this guide or save it as a reminder to use throughout your day!