**Small Breath Holds**



1. Sit up straight. Imagine there is a string pulling you upwards from the crown of your head to the ceiling.
2. Take a normal breath in and out through the nose.
3. Pinch your nose on the exhale with your fingers to hold your breath.
4. Hold your breath for 3-5 seconds.
5. Let go of your nose and breathe normally (through the nose) for 10 seconds.

**Practice this exercise for 5 to 10 minutes up to 3 times a day or anytime you feel stressed or anxious.**

**After the breath hold for 3 to 5 seconds try to have the first breathe be an inhale. If you exhale after the breath hold you are releasing all the awesome stuff you built up in the nose, including Nitric Oxide. Nitric Oxide helps to shrink congestion down in nose.**

**Remember with these exercises the tongue needs to be up in the roof of the mouth, so it takes up less airway space!**