**3 Breathing Exercises to Boost Your Energy**

Breathing is one of your most critical bodily functions. The simple act of breathing can have a substantial impact on both your emotional and physiological states. Conscious breathing exercises can help to rebalance your mind and body and boost your energy levels. Practicing the following mindful breathing exercises can re-energize, re-focus, and reconnect you.

## Deep Breathing Exercises

Practicing deep breathing throughout the day can not only relax you but can help you to release the stress that builds up throughout the day. Start by placing your tongue so that it is touching the roof of your pallet. Take a deep breath, slowly inhaling through your nose. Count to six, and hold your breath to the count of three, then exhale through your mouth for a count of six. Repeat for seven to 12 cycles.

## Bellows Breathing Exercises

Also known as the Breath of Fire, the bellows breathing exercise can help to calm your mind and relax you. Start by clearing your nose of any mucus. Sit with your back straight and your mouth closed. Place your tongue on the roof of your pallet. Begin to rapidly and forcefully breath through your nose for 12 breaths, ending in a long deep inhale and exhale. Rest while breathing normally, then repeat the process seven times.

## Alternate Nostril Breathing

This breathing exercise is known to help lower blood pressure, alleviate depression, and reduce mood swings, all of which can contribute to low energy and fatigue. Clear your nose of mucus and sit comfortably with your back straight. Close your mouth and touch your tongue to the roof of your mouth. Place your pointer finger on your right hand over your right nostril and deeply inhale through your left nostril. Count to six, then hold your breath for a count of three.

Place your left pointer finger over your left nostril and exhale through your right nostril for a count of six. Hold your breath for a count of three. Keep your pointer finger over your left nostril and inhale deeply for a count of six. Hold your breath for a count of three, then place your right pointer finger over your right nostril and exhale through your left nostril for a count of six. Repeat the process for three to five minutes, alternating your breathing through each nostril.

You can practice these three breathing exercises interchangeably as needed. Practicing these breathing exercises on a regular basis will help to increase your energy and vitality.