

# MINDFUL MOMENTS

## ***Bumblebee Breathwork***

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**This breathing exercise incorporates humming and vibration to aid in stimulating the vagus nerve and soothing the nervous system. This breathwork increases the calming effects on the nervous system and can increase positivity in mood.**

When we bring our attention to our breath we are anchoring our Self into the present moment and giving our body an opportunity to physiologically soothe itself. While humming aids in inducing calmness by releasing oxytocin, “the feel good hormone”, into our body.

### **DIRECTIONS**

*\*Please note that before engaging in any mindfulness exercises that require you to close your eyes or use of your hands, it is advised that you are not actively engaging in any activity such as operating heavy machinery, etc. These Mindful Moments exercises are best utilized by taking a moment to excuse yourself to a private or semi-private break room or area that is well lit and ventilated.*

- **Step 1:** Sit or stand comfortably in a relaxed, yet dignified position, Activating and lengthening your spine while engaging your core.
- **Step 2:** Bring your awareness to your breath. Mindful breathing is often referred to as “belly breathing” or “diaphragmatic breathing”. This is done by expanding your belly on your inhales and sucking your belly button in towards your spine on your exhales while elongating your exhales to be just slightly longer than your inhales. Keep in mind this is not labored or pressured breathing.
- **Step 3:** First, take your hands towards your face, lightly place your index finger and your middle finger over your eyelids. Place your thumbs gently at your ears resting on the tragus, just as if you would be plugging your ears from a loud noise.
- **Step 4:** Now, keeping your mouth closed, set the tip of your tongue at the back of your front top teeth and bring your awareness back to your breath.
- **Step 5:** On each exhale begin to make a humming sound, after a couple humming breaths you will then begin to lightly press and release your thumbs at your tragus.
- **Step 6:** Continuing with the humming breath and plugging and unplugging of your ears, notice the sound. Bring your awareness to the humming sound and vibrations sensations.
- **Step 7:** Continue this for a few moments before slowly lowering your hands, opening your eyes, and re-orientating yourself to your space.
- **Step 8:** Finish this exercise by taking a mindful moment to check in with yourself before resuming your day.