

Your breathing card



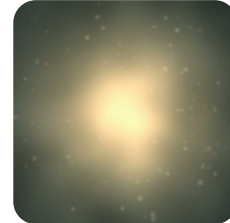
20 minutes, 111 breaths, just for you. The more often you practise calm on an ordinary day, the easier it is to find it when something catches you off guard.

The rhythm

In through your nose, slowly out. When the light grows and turns golden, breathe in. When it gets smaller and cooler, breathe out. It works with your eyes closed too: when you hear the rush of a wave, breathe out. After a few minutes the pace slows down a little on its own.



4 plus 6 seconds makes exactly 6 breaths a minute. Around that pace, your heart rate follows your breath most closely: a little faster as you breathe in, a little slower as you breathe out.



Grows and turns golden: breathe in



Gets smaller and cooler: breathe out

What happens in your body

Each time you breathe out, your heart slows down a touch. That's your vagus nerve at work, the nerve that brings your body into rest mode. The longer your out-breath, the more time that brake gets. Your shoulders drop, your breathing deepens and your body gets the message that it's safe.

What the research showed

Researchers at Stanford asked 108 people to breathe for 5 minutes a day for 28 days, with a long out-breath each time. Their mood improved more than in a group who meditated for the same time, and they breathed more slowly at rest. Five minutes a day was enough.

What it does for your emotional intelligence

Emotional intelligence starts with you: noticing what's going on inside and setting the tone yourself. That's hard when your body is full of tension. Your first impulse takes over before your head has had a chance to choose. A calm body gives you space between what happens and how you respond. In that space you choose your words, listen better and stay yourself, even when someone else doesn't.

When things suddenly get tense

A message that stings, a sharp comment, a dog round the corner. Your heart speeds up and your breathing turns quick and shallow. Of that whole alarm system, your breath is the only part you can steer yourself.

Before you react, breathe out slowly three times, longer than you breathe in. Half a minute, and nobody notices.

When

Ideally every day, or a few times a week. Sitting or lying down, never while driving.

Feels tight?

Breathe at your own pace and just listen. If you feel light-headed, simply go back to breathing normally.

Start the breathing music

Music and light that breathe with you for 20 minutes.

your-good-life.com/breathing-music

A scent for your breathing



Roll a Touch onto your wrist, bring it to your nose and make it your first breath. That way the scent becomes part of your calm moment. Every Touch is pre-diluted and ready for your skin.



Blue Lotus Touch

calm & dreams

A rare water lily that opens with the sun. In ancient Egypt the flower stood for life that keeps coming back. For me it is the scent of the evening: calm, vivid dreams and something magical.

My moment: Before bed on wrists and neck, three slow breaths with the light off.

your-good-life.com/supplements/blue-lotus-touch



Magnolia Touch

gratitude & skin

Our brain spends all day looking for what is wrong, and stress makes that stronger. The sweet, soft scent of magnolia helps me turn my attention to what is lovely and good.

My moment: In the morning on your wrists, and name three things that are going well.

your-good-life.com/supplements/magnolia-touch



Adaptiv Touch

calm & perspective

'I would happily live in that scent!' My go-to when waves of stress threaten to wash over me. The scent lifts me out of the situation, and sometimes I see that not everything is mine to solve.

My moment: When the wave comes: roll, rub your wrists together, breathe in.

☀ Contains citrus: no sun or UV on that spot for 12 hours.

your-good-life.com/supplements/adaptiv-touch



Air Touch

space & breath

Air makes space: a deep sigh comes on its own, and afterwards there is more room to breathe. It is fine as it is, as long as you keep breathing and stay with yourself.

My moment: Breath high and short? Roll it on your chest and let one deep sigh come.

☀ Contains citrus: no sun or UV on that spot for 12 hours.

your-good-life.com/supplements/air-touch



Neroli Touch

women 40+ & skin

For me a top oil for every woman over 40. Researchers had 63 postmenopausal women smell neroli for five minutes twice a day, and saw a difference after just five days.

My moment: Morning and evening, together with Clary Calm. Together they make a beautiful perfume too.

your-good-life.com/supplements/neroli-touch



Jasmine Touch

warmth & allure

The queen of the night: sweet, warm and alluring. 5 ml takes around 21,000 blossoms, picked by hand in the middle of the night.

My moment: Date night: together with Neroli on wrists and neck.

your-good-life.com/supplements/jasmine-touch



Rose Touch

skin & comfort

Not my favourite scent, but a top oil for your skin. 5 ml of pure rose oil takes 10,000 roses. On heavy days the scent is comfort to me.

My moment: After cleansing as a face serum, or over your heart when life feels heavy.

your-good-life.com/supplements/rose-touch



Whisper Touch

your own scent

Eleven oils that become a scent on your skin that only you have. A woman at one of my workshops rediscovered her soft, feminine side with it.

My moment: Pure as a pure-fume, or with Neroli for a fresher version.

☀ Contains citrus: no sun or UV on that spot for 12 hours.

your-good-life.com/supplements/whisper-touch