



Remember to

# recharge

with **Jessie Laute**

Broker life. It's fulfilling, but has its challenges. You work hard to be more **productive** and **profitable**, but you also need the right balance to be more you.

Breathwork is a powerful, accessible tool that can significantly enhance your mental clarity, emotional regulation, and physical wellbeing. When integrated into your daily routine, it supports better stress management, sharper focus, and sustained energy, key for high-performing professionals in fast-paced environments.

**peppermoney**

## Key *benefits* of breathwork

- **Reduces stress:** Activates the parasympathetic nervous system, promoting calm and reducing overwhelm
- **Enhances focus:** Improves oxygen flow to the brain, supporting better concentration and decision-making
- **Boosts energy:** Provides a natural, sustainable energy lift, no caffeine required
- **Supports emotional regulation:** Helps you respond more thoughtfully and effectively under pressure

## How to *practise the techniques*

### 1. Regulate & rise

#### Purpose

Create physiological coherence, bringing the mind and body into sync and promoting a balanced state.

#### How to practise

- Inhale gently through the nose for a count of 4
- Exhale through the nose for a count of 4
- Once comfortable, gradually increase the count to 5 or 6

Keep shoulders relaxed and breathe deeply from the diaphragm. Repeat as needed to regain clarity and composure.

### 2. Peak focus breath

#### Purpose

Enhance focus and mental clarity while maintaining a sense of calm.

#### How to practise

- Inhale through the nose for 4 seconds
- Hold the breath for 4 seconds
- Exhale for 4 seconds

Adjust the count to 3 or 5 if needed, start with what feels natural. This rhythmic breath balances the nervous system and sharpens attention.

### 3. Power down breath

#### Purpose

Release stress and initiate the body's relaxation response through extended exhalation.

#### How to practise

- Inhale gently through the nose for 4 seconds
- Exhale slowly through pursed lips for 8 seconds

This technique helps shift you from “fight or flight” into a restorative state, ideal for decompressing during or after a demanding day.

## Practical tips for *daily integration*

### Maintaining balance & coherence

- **Practise regularly**  
Make breathwork part of your daily routine, just a few minutes a day can make a difference.
- **Stay mindful**  
Pay attention to your breathing patterns, especially during high-stress moments.
- **Take micro-breaks**  
Use breathwork during short pauses throughout the day to reset and refocus.

### Managing stress & emotions

- **Identify triggers**  
Notice situations that elevate stress, and consciously apply breathing techniques in those moments.
- **Build resilience**  
Consistent practise helps regulate your emotional responses and builds long-term stress resilience.

## Final thoughts

By incorporating these simple yet powerful breathwork techniques into your workday, you'll improve your ability to stay calm under pressure, maintain focus, and show up with energy and intention. It's one of the most effective tools you can use, anytime, anywhere, to **be more you**.

Learn more at [www.jessielaute.com](http://www.jessielaute.com)