

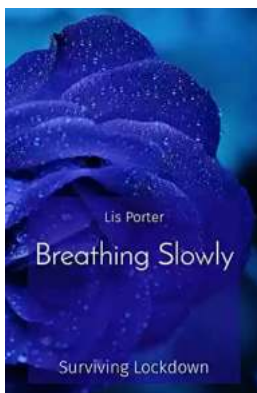
Breathing Slowly: Surviving Lockdown with Lis Porter

Welcome to the ultimate guide on surviving lockdown with Lis Porter. In these uncertain times, it's important to prioritize our mental and physical well-being. Let's dive into a variety of practices and techniques that can help us navigate this challenging period with calm and resilience.

Rediscovering the Power of Breathing

One of the fundamental ways to restore balance and reduce stress is through deep breathing exercises. Lis Porter, renowned mindfulness coach, emphasizes the importance of taking slow, deliberate breaths to enhance relaxation and cope effectively with anxiety. By focusing on our breath, we anchor ourselves to the present moment, allowing us to let go of worries about the future or regrets about the past.

Porter recommends a simple yet effective breathing technique called diaphragmatic breathing. This involves inhaling deeply through the nose, feeling the belly expand, and exhaling slowly through the mouth, releasing tension with each breath. By practicing diaphragmatic breathing daily, we can gradually train our bodies to respond more positively to stressors.



Breathing Slowly: Surviving Lockdown

by Lis Porter (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 948 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 279 pages



The Power of Mindfulness

Another tool in our arsenal for surviving lockdown is mindfulness, a practice that allows us to cultivate awareness of our thoughts, emotions, and sensations without judgment. According to Lis Porter, mindfulness can help us break free from the grip of negativity and embrace the present moment with acceptance and compassion. Through mindfulness, we learn to navigate the challenges of isolation and uncertainty with grace and resilience.

Porter suggests incorporating mindfulness into our daily routines by dedicating a few minutes each day to meditation or engaging in activities with deliberate focus. Whether it's enjoying a cup of tea, taking a walk in nature, or simply observing our thoughts without attachment, practicing mindfulness can provide much-needed solace during these trying times.

The Healing Power of Nature

As we spend more time indoors due to lockdown measures, our connection with nature may weaken. However, it's crucial to remember that nature has a profound healing effect on our well-being. Lis Porter advises finding creative ways to bring nature inside our homes or, if possible, venturing outside while adhering to safety guidelines.

Even if we can't physically immerse ourselves in nature, we can still benefit from its therapeutic effects. Surrounding ourselves with plants, listening to calming nature sounds, or even incorporating natural elements into our home decor can

create a soothing environment that reduces stress levels. Nature has an amazing ability to restore our sense of balance and bring a sense of peace during times of crisis.

Building Resilient Communities

Lockdown can often lead to feelings of isolation and loneliness. However, as Lis Porter points out, it is vital to remember that we are all in this together. Building resilient communities and fostering connections with others can provide tremendous support during lockdown.

Leveraging online platforms, we can join virtual communities, engage in virtual social activities, or simply reach out to family and friends through video calls. By nurturing these connections, we create a sense of belonging and strengthen our ability to face challenges head-on.

Surviving lockdown requires a combination of mindful practices, self-care, and supportive communities. Lis Porter's wisdom and guidance can serve as a beacon of hope during these challenging times. Remember to breathe slowly, embrace mindfulness, reconnect with nature, and build resilient connections. By doing so, we can navigate this period with resilience, strength, and a deep sense of calm.

So, embark on this transformative journey today and let Lis Porter become your guiding light in surviving lockdown!

Breathing Slowly: Surviving Lockdown

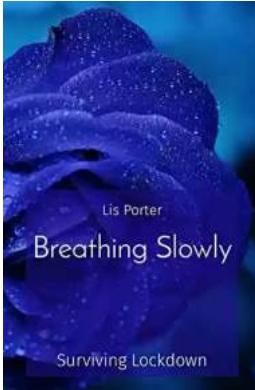
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Pandemic-stressed families breathe slowly. We are lockdown survivors.

How does one family react to lockdown? From New York to London, Oxford, the Cotswolds, Belfast, Bellagio, Byron Bay and Wuhan, four siblings and their families share common experiences of fear, anxiety and isolation. Yet, resilience and a strength of spirit prevail as new forms of meaning are found.

The story tells of intriguing, touching responses to the impact of isolation on individuals' personal lives. The characters move from 'I can't breathe' to 'I can breathe' to 'let's breathe together'.

This character-driven story appeals to thoughtful readers who are interested in complex emotions as they are expressed in family relationships.

A new dawn arises. Licking the wounds of lockdown, we emerge into the light, breathing slowly. Hope flourishes.



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