

# How to Address Your Loneliness with the Practice of Posture & Breath

We treat the emotional reaction of loneliness like any other trigger event: by using the Practice to slow down and calm down as our first priority.

Using the Practice to address loneliness will quiet your mind's stories about loneliness and calm your emotions so you can see your situation objectively.

## How to Do the Practice

### ***1. Relax Your Posture, Especially Your Shoulders***

Are your shoulders relaxed, or are they tense and up around your ears?

Consciously allow your shoulders to soften and drop down.

### ***2. Breathe In***

Take a deep breath, and as you inhale, let your shoulders be heavy and relaxed.

### ***3. Breathe Out***

Feel the weight of your shoulders as they effortlessly slide down your back as you exhale.

### ***4. Take Notice***

Continue to breathe and stay with this focus. After a minute or two has passed, note the immediate impact this simple exercise has had on your ability to focus and feel more calm.

Use this Practice throughout your day when you get stressed or overwhelmed with loneliness or any other emotional reaction. As you continue to do the Practice, you'll begin to notice your mental narrative shift from reactive to responsive—and this means less tension in your body and more mental clarity as you work through difficult emotional patterns.