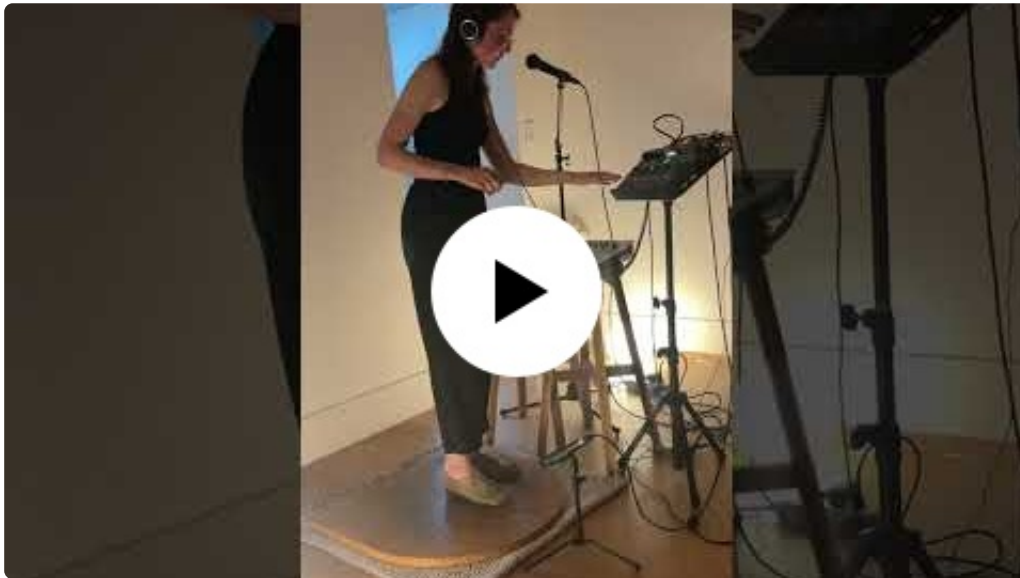


Eudaemonia *by Sandra Kluge*

sandrakluge.com | 04/03/2025 - #5

Loop cover of Guiltless + breathing for pears and humans

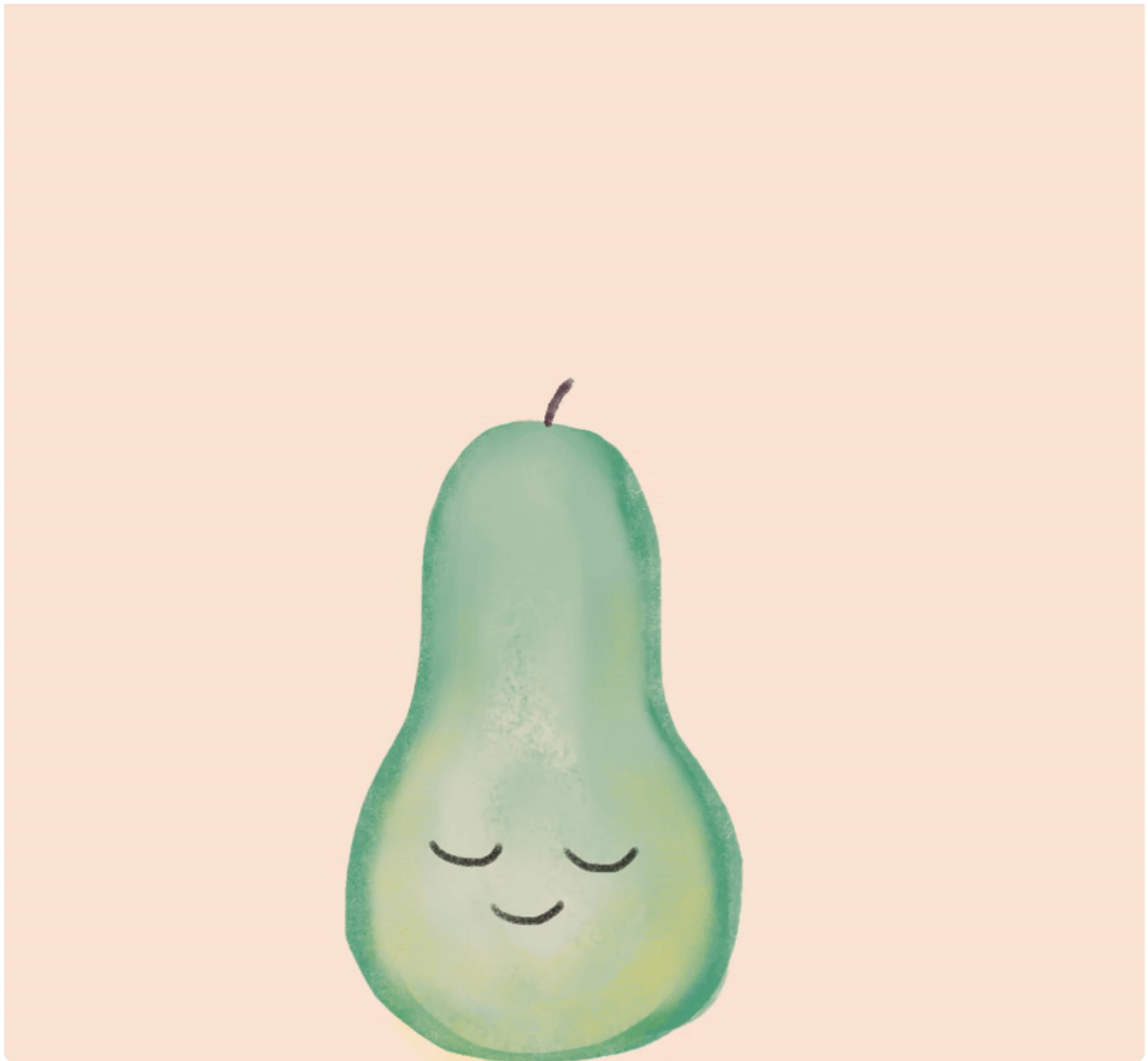
Growth



I don't usually do covers but this song, *Guiltless*, by the inimitable [dodie](#) is too good not to make a tap loop version out of it.

Peace





Made with Procreate

Pear leads a breathing session.

Calm

On the topic of breathing - I'd like to take a moment to emphasize the power of a breathing technique called **physiological sigh**. Its positive impact on stress and anxiety reduction has been shown in several studies, and even just 2-3 sighs can shift one's internal state.

How to do it:

1. Take a deep inhale through your nose.
2. At the top, take a second short inhale through your nose.
3. Exhale deeply through your mouth.

3. Exhale deeply through your mouth.

A little bit of interesting science:

Sighing is necessary for survival. Because the 500 million alveoli (little air sacs) in our lungs tend to collapse, they need to be inflated periodically to ensure proper exchange of oxygen and CO2. The sighing reflex - which happens about every 5 minutes - naturally opens the alveoli.

Stress and anxiety makes us breathe more shallowly and puts us into a sympathetic nervous system state. Physiological sighs help us regulate and return to a parasympathetic (pear-a-sympathetic...sorry, I had to) state.

I've been consciously using this technique not just when I feel tense or anxious but whenever I need a grounding/reset effect (e.g. when winding down at night, between workout sets, before practicing, transitioning between activities, etc.)

You can read more about this topic [here](#).

A guided tutorial can be found [here](#).

What makes my life more colorful this week





[Photo credit](#)

Is there any animal that is cuter than a Tarsier? I hardly think so.

What else

- Playing my bi-monthly Duo Series this Saturday! More info [HERE](#)
-

Eudaemonia is collaborative, so don't be a stranger! Hit reply if:

- What I share makes you feel/think about something.
- You want to share something with me that you think I'd find interesting.
- You want to say hi :)

May you be joyful, healthy, and at ease this week.

~ Sandra

Eudaemonia (ancient Greek) describes a life well lived. It's the lifelong process of realizing our true nature, therefore fulfilling our most virtuous potentials. The eudaemon life is one dedicated to developing the excellences of being human.

In each newsletter, I share 3 things related to 3 qualities I want to embody. It's an effort to be the best and most authentic version of myself, for me, and for the world.



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