



Deep Breathing Exercises: INSTRUCTIONS 2a

● Deep Breathing (1): Simple

Soon I'll ask you to take three deep breaths in and with each one, hold it for 2 seconds, and let it out slowly, then you'll relax and just notice your breathing.

- Settle yourself into a comfortable position, sitting, lying or standing
- Ok take a deep breath in... and hold for 2 seconds..... now let it out slowly
- Do this for 2 more breaths
- Ok, now take 5 deep breaths in and out at your own pace
- Now as you keep breathing at your own pace, imagine the air going deeper, filling in the bottom of your lungs first, and then the top of your lungs at the end
- Relax your tummy as you breathe IN
- Relax your body as you breathe OUT
- Take a moment to scan your body and muscles, relaxing any tension that you notice
- Wake yourself by stretching and being aware of the room around you

● Deep Breathing (2): Abdominal Breathing

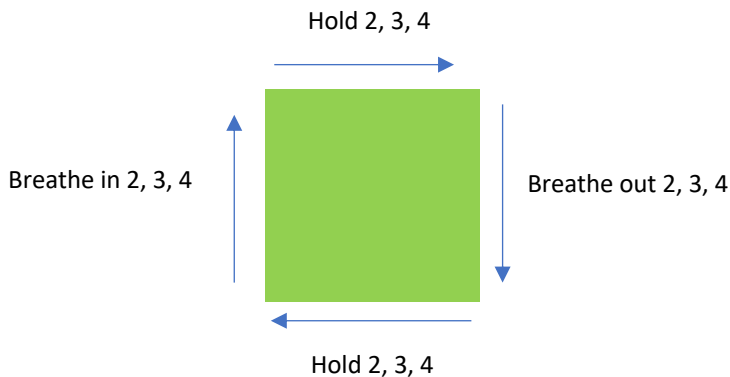
Abdominal breathing is the one of the most effective ways to relax quickly. By breathing with your diaphragm, you will immediately signal your autonomic nervous system to relax.

- Place one hand on your belly and one on your chest.
- Take some slow, deep breaths into the belly, allowing your abdominal muscles to relax and expand.
- It's helpful, but not essential, to breathe in through the nose and out through the mouth.
- If you are doing abdominal breathing correctly, the lower hand should move as much or more than the hand on your chest. If you can, relax the upper chest and shoulders, keeping them still.
- Continue this slow, deep breathing for a couple of minutes, imagining the breath calming your body and clearing your mind.
- Wake yourself by stretching and being aware of the room around you

Square (4x4) Breathing

Square breathing is a technique used when taking slow, deep breaths, as a way of guiding the practice and taking up a little mental focus. You hold your breath for 4 counts between inhaling and exhaling. You can image yourself tracing an imaginary box in the air as your mentally follow the tactic, while breathing at the same time.

- Sitting upright, slowly exhale through your mouth, getting all the oxygen out of your lungs. Inhale slowly and deeply through your nose to the count of four.
- In this step, count to four very slowly in your head. Feel the air fill your lungs, one section at a time, until your lungs are completely full and the air moves into your abdomen.
- Hold your breath for another slow count of four.
- Exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen. Be conscious of the feeling of the air leaving your lungs.
- Hold your breath for the same slow count of four before repeating this process.



Quick Coherence® Technique

1. **Heart Focus:** Focus your attention in the area of the heart and then breathe deeply, as though your breath is entering and leaving the heart area.
2. **Heart-Focused Breathing:** Synchronize your breathing at 6 breaths per minute, by breathing in slowly for the count of 4 seconds and out slowly for the count of 6 seconds.
3. **Heart Feeling:** Once you've found a smooth easy breathing rhythm, try to feel a positive emotion, like appreciation for the good things in your life, or the love and care you feel for someone (child, spouse, pet) or something (a beautiful sunset, a fun vacation, a hobby, etc.).

NOTES: Heart-focused breathing activates the power of your heart, and heart feeling helps you stay in heart rhythm coherence. Heart rate variability (HRV) is the normal, naturally occurring variations or changes in the amount of time between heartbeats. This is different than your overall heart rate – the number of beats that occur in any given minute. The Benefits of healthy 'coherent' HRV: Optimal functioning; Physiological systems function more efficiently; Positive emotions; Emotional stability; Improved mental clarity.