

Simply Breathing Exercises

You can practice these breaths while sitting, lying down, or while walking. You can repeat these breaths anywhere from 5-10 times for a pleasant relief from tension. They are especially good to do if you have an encounter with sudden stress when this type of breathing can prevent the tension from setting in too deeply.

BODY FOCUS

Take a deep breath and close your eyes for a few moments. Sense where your body is contacting the environment around you (chair, floor etc). Sense where your weight is resting. Now take another deep breath and move your body in some way to get more comfortable and relaxed.

TENSION FOCUS

Take a deep breath and close your eyes for a few moments. Sense if there are any places of excess tension or pain in your body. If you find some, breathe and try to imagine that place loosening up. Then gently and slowly move that part of the body just a little bit to let it loosen and relax.

SIMPLE BREATHING

Slowly allow yourself to focus on your breath. Do not try to change your breathing instead become aware of how you are breathing. See if you can feel where your breath goes is it into your tummy? Your shoulder? Is the in breath longer than the out breath? Or maybe the opposite the out breath is longer than the in breath. Observe what it feels like to bring consciousness to your breathing.

THE RELAXATION BREATH

Breathe in through the nose and out through the mouth to the following count:

1-2-3-4, 1-2-3-4, 5-6-7-8

Inhale exhale slowly and pause before the next breath

This is the most effective breath to counteract stress and deepen relaxation.