

## Breathing Skills:

Breathing should be effortless, non agitating and aid in your feeling of well being....

Do Nose Breathing - this activates Nitric Oxide (NO) in sinuses to help open airways & blood vessels

Do Slow Gentle Breathing - to avoid blowing off Carbon Dioxide (CO<sub>2</sub>) which is a trigger for breathing, aiding oxygen transfer, & stops you feeling light headed or agitated. It also calms nervous system.

Try a Soft Sound in throat or humming - to help activate the Vagus nerve which calms the nervous system and restores balance.

Adjust breathing to your activity - when relaxed do slow gentle breaths, when active deeper breaths.

Diaphragm breathing - allow your belly to gently rise as you inhale, and fall as you exhale. The diaphragm sits between the rib cage & abdomen. It is flat dome muscle which flattens as you inhale gently pressing the belly out, and relaxes on the exhale, so belly gently flattens.

To help strengthen - practice laying on your belly or place weight on your belly to provide resistance.

Slow rhythmic breathing for calm & balancing - good to use when doing mobilising exercise.

Longer Exhale - relaxes the diaphragm and aids a deeper relaxation, forward bends or stretching.

Keep Neck Throat Upper shoulders & upper chest relaxed - aid natural breathing and helps to reduce stress.

Awareness of breath - helps to correct breathing and can be used as a meditation. Try now-

Be aware you are breathing.... Be aware you are breathing out.... breathing in calm.... breathing out ease...

Activating breath to wake you up & in back bends - slowly expand base ribs (front, sides & back) & lengthen the spine as you inhale - exhale & relax.

Try Gentle Breath Pauses after exhale or inhale - this exaggerates the effect

To aid breathing especially if you have respiratory illness - sit up, lean forward slightly or lay on belly to aid oxygen transfer (avoid laying on your back)

If anxiety makes breathing difficult combine it with movement...

## Breathing Awareness

Watch breath at the nose \_\_\_\_

Watch breath at the belly \_\_\_\_

Listen to sound in the throat \_\_\_\_

Listen to humming sound \_\_\_\_

Meditation on breath \_\_\_\_

## Breathing Exercise - practice every couple of hours or in your breaks

Diaphragm (feel belly rise & fall) \_\_\_\_

Longer Exhale \_\_\_\_ Relax....

Place weight on belly & breathe (to strengthen) \_\_\_\_

## Yoga Breathing/Pranayama

Humming Bee (Hum) \_\_\_\_

Victorious (Ujjayi) (Lengthen) \_\_\_\_

Alternate Nostril Breath (Inhale one side exhale the other) \_\_\_\_

Breath Pause on Inhale \_\_\_\_ or exhale \_\_\_\_

Square Breath 4:4:4:4 \_\_\_\_

## Breathing with Rhythmic Movement

Twisting knees side to side \_\_\_\_

Rhythmic knee to chest \_\_\_\_

Seated forward & back bend \_\_\_\_

Raise & lower arms: Forward \_\_\_\_ Sideways \_\_\_\_

Raise lower the bottom (bridging) \_\_\_\_

Hand behind head - curling up & down \_\_\_\_

Table Top to Child \_\_\_\_

Standing Back bend to forward bend \_\_\_\_

Mountain Press with palms \_\_\_\_

Side Bend \_\_\_\_