

exercise your Breathing

BREATHING TECHNIQUES CAN HELP YOU RELAX

Breathing exercises promote relaxation in four ways:

1. They tense and relax muscles. Taking a deep breath tenses muscles used for breathing. A deep exhale relaxes the muscles.
2. They allow more oxygen to be absorbed. This helps the body respond to stress, as well as recover from stress.
3. They increase the amount of oxygen in the blood which allows the heart rate to slow down. This helps to calm you.
4. They give you the chance to pause and plan your response to something that causes stress.

PURIFYING SIGHING EXERCISE

1. Keep your shoulders erect.
2. Let out a big sigh, making a sound of relief as the air leaves your mouth.
3. Continue to sigh 10 to 15 times, one after the other.

Note: If you are prone to hyperventilating, do not do this breathing exercise.

DEEP NATURAL BREATHING EXERCISE

1. Sit in a chair, arms at your sides, legs uncrossed.
2. Note any tension in your muscles.
3. Put one hand on your chest and the other hand on your abdomen.
4. Take in a breath slowly and deeply through your nose. Allow your abdomen to expand and push up your hand. After your abdomen is full of air, allow your chest to expand, pushing up your other hand. This is one long, steady breath.
5. Hold the air in for three seconds.
6. Purse your lips and exhale through your mouth. Make a relaxing, whooshing sound.
7. Keep taking long, slow inhaled through your nose and let out long, slow exhaled through your mouth.
8. Focus on the sound and feeling of deep breathing. Continue for three to five minutes.



Action Step
Test your breathing by placing your palms against your lower abdomen. Blow out all the air; then take a big breath. Does your abdomen expand when you inhale? If so, you're on the right track. If not, you're not using your full lung capacity.