

Deep Breathing

Dr. David Sobel and Dr. Robert Ornstein

Breathing is a gift of life! How often do you notice how you are breathing? Poor breathing habits may lead to anxiety, fatigue, headaches, tension and unhappiness... While good breathing leads to more relaxation, quieting of the mind and less distress.

Do you tend to breath from the chest or the diaphragm? The chest breathers tend to take in air slowly with irregular breathing, which may lead to distress and tension... The diaphragm breathers take in air more deeply into the lungs. The breathing is consistent, even which is good news for the body and the mind!

Breathing from the diaphragm is an excellent way to relax! This skill of deep diaphragm breathing may take some time to master, so give yourself an opportunity to practice it and improve your deep breathing and relaxation techniques...

Deep Breathing

Lay down on something comfortable

Move your feet about eight inches apart, with your toes turned a little outward.

Bend your knees

Observe your body and scan for tension.

Place one hand on your chest and the other hand on your abdomen.

Inhale deeply and slowly through your nose into your abdomen and exhale slowly through your nose.

The goal is to have your hand rise and fall from the abdomen breathing with the chest only moving a little.

When you are comfortable with the nose abdomen breathing, it is time to use your mouth!

When you exhale use your mouth...

Gently make a slight smile, and breath out through your mouth...

Make a relaxing, quiet whooshing sound as you slowly let the air out...

Breath in and out slowly

Continue to take slow and long deep breaths

The breathing will make the abdomen raise and lower...

Focus on the feeling and the sound of the breathing...

Concentrate on your abdomen moving up and down

And the relaxation you get from every breath

At the end of breathing, observe your body for any tension.

Practice the deep breathing for ten minutes.

When you are good at using the breathing technique, you may use it anywhere or at any time.