



CONFIDENT BREATHING A&E

Let's learn how you breathe – then review the book for notes on how you *need* to breathe...

- ✓ Stand or sit in an Open Body Position with your arms relaxed by your sides.
- ✓ Breathe normally for 30 seconds – note your natural preferences:
 - Do you prefer nose or mouth?
 - Do you breathe shallow or deep?
 - Do you breathe high in lungs or low in your tummy?

How Does Breathing Make Me Feel A&E?



Now, follow steps 1-3 below - breathing for only about 10-30 seconds each.

- ▶ Take notes on how you end up feeling - both physically and mentally: any tightness, light-headedness, aches, mental blocks, dry mouth etc.
- ▶ If you feel at all light-headed, sit down immediately and breathe easy.
- ▶ If you feel any pains or dizziness, stop and rest immediately.

How do I breathe?	Result – how it makes me feel?
<p>1. Short & Shallow - 10-20 seconds</p> <ul style="list-style-type: none"> ▶ Breathe in and out quickly, using only the top part of your lungs ▶ Allow your upper chest to heave in and out as if you are puffed out from exercise ▶ Feel what happens when you speed it up, as if you have been running 	<p>Physical:</p> <p>Mental:</p>
<p>2. Deep & Noisy - 20-30 seconds</p> <ul style="list-style-type: none"> ▶ Breathe in and out deeply, using the bottom part of your lungs ▶ Use your tummy to really push in and out ▶ Let your breath push out any voice if it wants, a sigh, a humf, haaaaa, whatever sound ▶ Feel the weight of the world in your overly loud and deep breathing 	<p>Physical:</p> <p>Mental :</p>
<p>3. Deep & Slow - 30 seconds</p> <ul style="list-style-type: none"> ▶ Breathe in and out steadily and evenly ▶ Use all of your lungs in an easy, steady, gentle sigh ▶ Allow your tummy + upper chest to move as if you are ready to go to sleep 	<p>Physical:</p> <p>Mental:</p>
<p>DIAPHRAGM BREATHING – my notes:</p> <p><i>Check p 86-90</i></p>	<p>How it makes me feel?</p> <p>Physical:</p> <p>Mental:</p>

BREATHE IN TO YOUR BUM!



MY NOTES...

A large, empty rectangular box with a brown border, intended for writing notes.