



From The Root: Educational Consulting

4 Breathing Relaxation Techniques

Why is using mindful breathing helpful?

Your body is perfectly equipped to do all the major functions to keep you alive so your heart beating and breathing happens naturally in the body. A typical adult breathing rate is around 8 to 16 breaths per minute and for a typical developed infant breathing rate is up to 44 breaths per minute. However, mindful breathing techniques are helpful to be practiced in moments of calmness because the brain learns new skills optimally when we feel safe and calm. Learning to practice mindful breathing in moments of calmness will build neural connections in your brain to use mindful breathing techniques for emotional regulation. Taking three intentional, mindful breaths in moments of chaos (stress) will calm the stress response in our brain (the fight and flight response) and your body will regulate efficiently. Stress is part of the human life experience but when we remain in the stress response for long periods of time, it can lead to health problems, emotional disorders, and reduce quality of life. Experiencing stress for shorter periods of time will help your body recover (heal) from high levels of stress response hormones (cortisol & adrenaline) and get you back on track to be your brilliant self again.

Mindful breathing will activate the parasympathetic nervous system (the brake in your vehicle), helping you slow down your thinking, your heart rate, soften your tense muscles, and reduce stress hormones. These breathing techniques will lower your blood pressure, help you relax, and think logically (access your executive skills) so you can be your brilliant self again.

Enjoy these breathing relaxation techniques by yourself and with others.

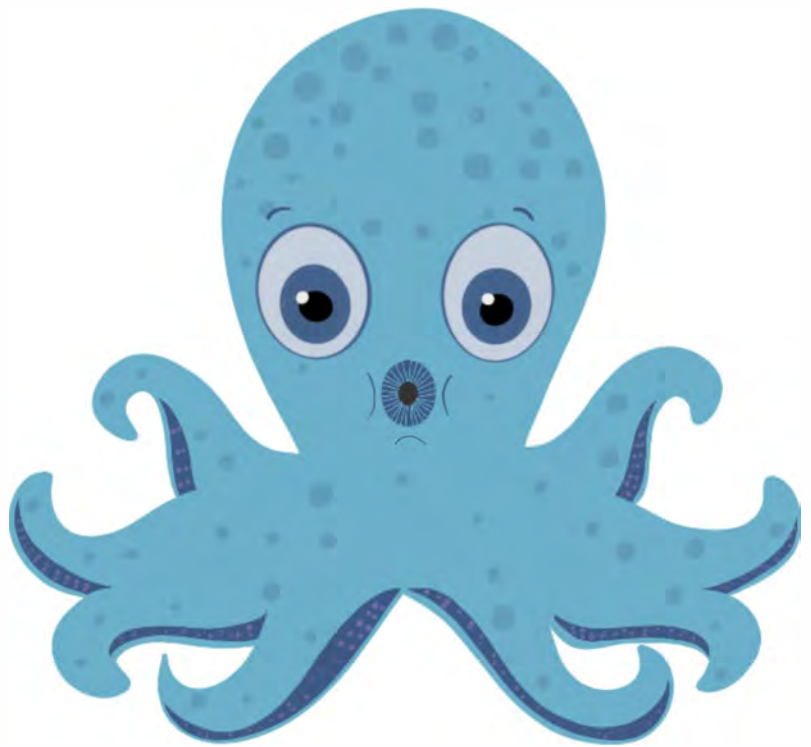
Teaching these breathing techniques to others begins with you practicing them as part of your everyday life experiences.

Wishing you well,

Dr. rAnnererOswald

Cross arms (or hands), hold them close
to your heart
Cross legs (or ankles)
Press tongue up to the roof of the
mouth
Breathe in slowly
Breathe out slowly

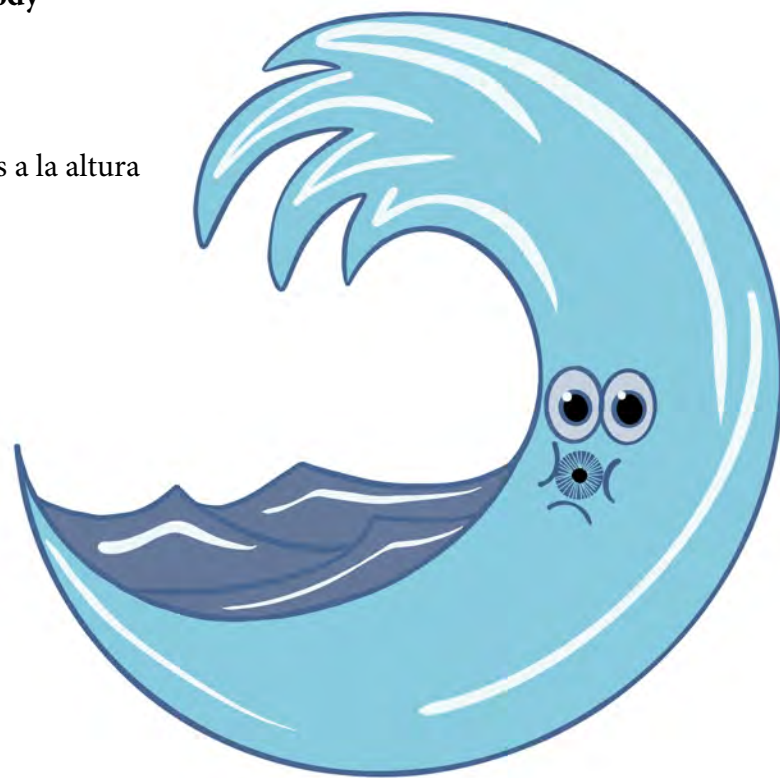
Cruza los brazos (o manos), mantenlos
cerca de tu corazón
Cruzar las piernas (o los tobillos)
Presione la lengua hasta el paladar
Inhala lentamente
Exhale lentamente



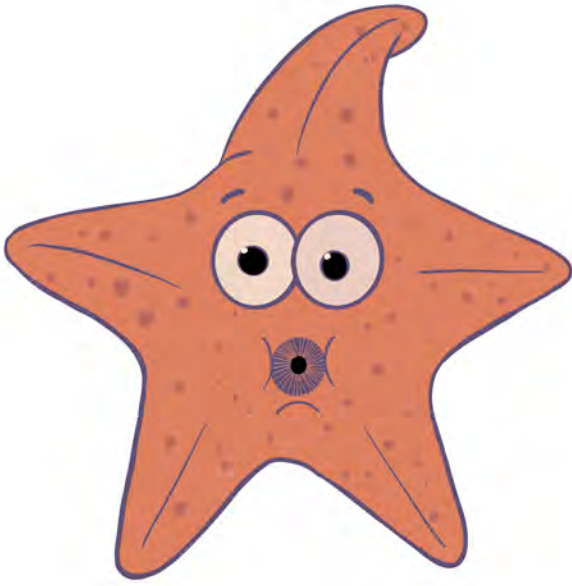
Octopus Breathing

Close your hands (like a fist), raise your arms eye level
Inhale
Open your hands, lower your arms next to your body
Exhale

Cierre las manos (como un puño), levante los brazos a la altura de los ojos
Inhalar
Abre las manos, baja los brazos al lado de tu cuerpo.
Exhalar



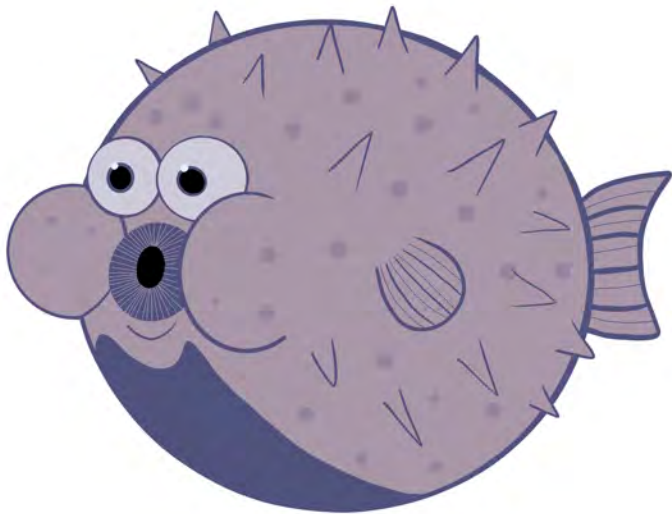
Wave breathing



S. T. A. R. Breathing

**Stop and
Take a deep breath
And
Relax**

Detente y
Tomar una
respiración
profunda
Y
Relajarse



Blowfish breathing

Inhale SLOWLY...
Fill your belly with air
Fill your chest with air
Fill your cheeks with air

SLOWLY...Exhale
Release air from your cheeks
Release air from your chest
Release air from your belly

Inhala LENTAMENTE ...
Llena tu barriga de aire
Llena tu pecho de aire
Llena tus mejillas de aire

LENTAMENTE ... Exhala
Libera aire de tus mejillas
Libera aire de tu pecho
Libera aire de tu vientre