

Deep breathing

Practise twice a day for two weeks. It takes 2 to 4 minutes per day.

Guiding Directions/suggestions that can be used:

- Get comfortable in your chair or on the floor with a straight spine
- Close or lower your eyes
- Breath in for 4 (all the way into your tummy) and then breath out for 6-8
- Feel your self expanding with the “in’ breath (inhalation)
- Feel your self soften with the “out” breath (exhalation)
- Perhaps place one hand on your tummy and one hand on your lower ribs (just below your chest)
- As you exhale, relax abdomen, lower ribs and chest
- Repeat slowly and smoothly for 5 to 10 breaths

Homework: Use this technique any time you feel a bit stressed or anxious

OR Breathing in calm, breathing out peace

Fight and Flight Response

- An autonomic, primitive response for survival. We are born with it.
- WE FIGHT, FLIGHT (RUN AWAY) OR FREEZE
- It protects us from danger and threat
- It mobilises the body to respond quickly
- We get an increased heart rate and respiration
- Increased cortisol release (stress hormone)

There is no automatic way to relax but we can learn ways including the use of breathing.

When we practice relaxation techniques, the benefits are:

- Heart rate decreases
- Respiration decreases
- Brainwave activity decreases
- Blood pressure decreases
- Production of adrenaline decreases
- Immune function increases

And we feel more relaxed.