



## **Breathing Techniques**

There are many benefits to mindful breathing, (or just “breathing”). Breathing eliminates distractions by shifting focus inward, leaving behind the external world and its stressors. Breathing asserts control over mind and body, promoting relaxation and calming emotions.

Breathing can be used to “clear the mind” as well as to change awareness and overcome stress program triggers. There are many breathing techniques, but below are some of the more basic breathing techniques that can be practiced.

### ***Coherent Breathing***

Inhale for a count of five. Exhale for a count of five. Repeat for two minutes.

### ***Pursed Lip Breathing***

Relax neck and shoulders. Close mouth and inhale slowly through nose (2 counts). Purse or pucker your lips. Exhale slowly through lips (4 counts).

### ***Abdominal Breathing***

Lay on floor with one hand on stomach and one hand on chest. Inhale slowly, adjusting breath from chest to abdomen. Exhale slowly through mouth or pursed lips. Hand on stomach should rise and fall while hand on chest remains still.

### ***Quick Nose Breathing (Increased Energy)***

Close mouth and inhale rapidly through your nose in quick, short breaths. Exhale rapidly through your nose in quick, short breaths. 10 seconds on, 20 seconds off, three times.

### ***Triangle Breathing***

Inhaling, Holding, Exhale 4:4:4 moving to 4:8:8.

### ***Square Breathing***

Inhaling, Holding In, Exhaling, Holding Out 1:1:1:1 ratio.

### ***Alternate Nostril Breathing***

Place a thumb and finger of one hand, (ring finger or pinky), so that the nose is between the thumb and finger. After exhale, press thumb/finger to close right nostril. Inhale through left nostril. Press thumb/finger to close left nostril. Open right nostril and exhale through right nostril. Inhale through right nostril. Close right nostril and exhale through left nostril. Repeat five times.