

# Focused Breathing Techniques

Performing one of these breathing techniques twice a day for only 5 can produce long-term benefits, including alleviate the distress that can rise within us when we feel stressed or overwhelmed.

**Full Belly Breath:** Useful when feeling anxious or ungrounded.

Place one hand on your belly, relax your abdominal muscles. Slowly inhale through your nose, pulling the air into your lower lungs by expanding your abdomen. Continue to breathe in as your rib cage expands. Finally, your collar bones will rise as you pull in the tail end of the breath. Once full, pause for a moment, feeling the fullness of the breath. Then exhale gently releasing the air from the top of your lungs to the bottom. At the end of exhalation, pull your abdomen in to push the final air out of your lungs.

**Alternate Nostril Breathing:** Useful when feeling anxious or ungrounded.

- \* Place your left hand on your lap, palm facing upwards
- \* Using your right hand, gently rest the tips of your pointer and middle fingers between your eyebrows.
- \* With your right thumb, close your right nostril and inhale deeply through your left nostril.
- \* At the peak of your breath, close your left nostril with your fourth finger and lift your right thumb, exhaling through your right nostril.
- \* After fully breathing out, inhale through the right nostril.
- \* At the peak of your breath, close off your right nostril with your right thumb and lift your fourth finger exhaling through your left nostril.
- \* Continue alternating your breathing through each nostril for 3 to 5 minutes. Allow you mind to observe the pattern of your breath. Your breathing should be effortless.

**Ocean's Breath:** Useful when you feel angry, irritated, or frustrated.

- \* Inhale deeply through your nose and exhale through your mouth make the sound of "Haaaaah" in a whispered tone. Similarly to fogging a mirror. Notice the tension in the back of your throat as you tighten your throat muscles to produce the sound of "Haaaaah."
- \* With your mouth closed, take another breath in through your nose. Keeping your mouth closed, on the exhale release the breath through your nose while constricting your throat to make the sound of "Haaaaah." If you are doing this correctly, the air passing through your throat should make a sound similar to the ocean.
- \* Once you have mastered this on the exhale, use the same method for your inhale. Gently constricting your throat as you inhale.
- \* Repeat this 8-12 times.

**Straw Breath** Useful when feeling anxious or ungrounded.

- \* Take a deep breath in through your nose.
- \* On the exhale imagine that that you blowing through a tiny straw. Releasing the breath slowly and steadily.
- \* When all the air is released from you lungs, take a full breath in through your nose - counting to 4.
- \* On the exhale, push the air our through your lips as if you were blowing through a tiny straw. Release the breath to a count of 10.
- \* Repeat the counted breath between 5-7 times.

## **Benefits of Focused Breathing**

Stress reduction  
Lower and stabilize blood pressure  
Strengthening abdominal and intestinal muscles  
Better blood flow  
Releases toxins from the body  
Aids in healthy sleep  
Reduce anxiety and depression  
Relieve post-traumatic stress