

AND BREATHE...

The benefits of incorporating breathing exercises into your daily routine are wide reaching. Some well-researched advantages include:

Enhancing listening skills

Supporting resilience

Improving focus - helps to reset and spot new solution

Enhancing our capacity to embrace change and manage stress

Enabling us to consider before we react

A simple breathing exercise to get you started...

Get comfortable in your chair, make sure your feet are flat on the floor so you are grounded to the earth and your back is straight but not rigid. You could rest your palms in your lap if that feels relaxing.

Take some normal breaths in and out through your nose and begin to feel relaxed. Try and relax your shoulders and if you feel comfortable you can close your eyes. Take a few moments to check in with what is going on in your body. Do you feel any sensations or tension anywhere? Consider your chest, belly, legs, hands, feet etc. If you do, bring your awareness to that area, and continue to breathe into the sensations you feel. Allow the breath to flow freely to any area you may feel tension in.

Once your awareness is with your breath try this short exercise:

1 Draw long slow inhales through both nostrils for as long as is comfortable.

2 Relax the shoulders and encourage the movement of the breath to be in the lower abdominals and ribcage

3 Soften the jaw

4 Hold the breath - for as long as is comfortable - at no point should this feel difficult

5 Consciously relax your jaw, throat, neck, shoulders, diaphragm, and abdominal muscles

6 The more relaxed you are the easier it will be to hold your breath.

7 Exhale through both nostrils for as long as comfortable

Repeat 5 rounds.