

SAME BOAT CONSULTING

Breathing Tools for Stress Management

To mellow out:

- **Extend the Exhale:** exhale is twice as long as inhale, ie: inhale for a count of 4, exhale for a count of 8
- **Ocean-Sounding Breath:** breathe slow & deep through the nose while make a whisper sound in the throat to get the relaxation response going
- **Belly Breath:** with hands on belly, breath in slowly through the nose and feel the belly expand. Exhale squeeze all the air out and pull the belly in towards the spine. Let the breath get deeper & fuller.

To balance energy:

- **Coherence/even breath:** inhale & exhale are equal, ie: a count of 6 for each
- **Stair Step:** sip air through the nose until lungs are full, long slow exhale through nose
- **Alternate Nostril Breath:** close off one nostril and breathe in slowly through that side, close other nostril and breathe out and in on that side, then switch again.

To pep up:

- **Breath of Joy:** 3 quick inhales through the nose & audible exhale through the mouth, optional arm movement like conducting a symphony then fold forward.
- **Bellows:** deep inhale with arms over head, exhale arms to side with hands relaxed, usually done in sets of 10-12.
- **Earth to Sky Breath:** inhale arms overhead wide & slow, exhale through the midline, bend the knees and touch the ground. Slowly inhale up, gathering breath and energy until the arms are back overhead.