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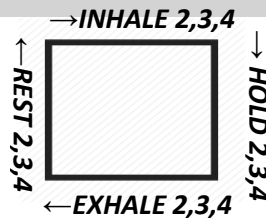
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## DEEP BREATHING

*"Practice it when you DON'T need it, so it works when you DO!"*

**Square Breathing:** Also known as Box Breathing.

*Sitting or standing up straight: Imagine a Square. Start at the top left and as you go across INHALE thru mouth or nose 2,3,4. Then as you go down the right side of box, HOLD 2,3,4. Then across the bottom EXHALE thru mouth 2,3,4. Then up the left side REST 2,3,4.*



**Balloon Breathing:**

*Sitting or standing up straight: Imagine your lungs are a Balloon. As you INHALE thru nose 2,3,4, the balloon expands....hold for a few seconds. Then, EXHALE thru mouth or nose 2,3,4, imaging as your lungs deflate, so does your body in a relaxed state.*

**Waterfall Breathing:**

*Sitting or standing up straight; Imagine you have 3 quadrants: Upper chest area, mid-drift, lower abdomen. As you INHALE thru nose 2,3,4,5 you fill up your upper chest with air, which overflows to your mid-drift, which then overflows to your abdomen. HOLD 2,3,4, then EXHALE thru mouth or nose 2,3,4 at the same pace allowing the air to drain out so you can start again.*

**Stair-Step Breathing:**

*Sitting or standing up straight, spine tall, chest lifted with feet on the floor.*

*Take four little sips of air through the nose to make one complete INHALATION, imagining that each sip brings you one stair closer to the top of a staircase. At the **top of staircase**, pause for a moment. Now **slowly and smoothly EXHALE** your breath through your nose, imagining an elevator descending back to the ground floor. Repeat **three times** before returning to your natural breath. Notice how you feel.*

*To get the most effect from Deep Breathing, you will want to do it for at least 2 - 5 minutes. To create a habit, it is best to do it at the same time every day. Set an alarm to be reminded Once you have a habit created, you might choose to add another time of day for a 2nd Deep Breathe!!*

# WHY DEEP BREATHING



## 8 Gr8 Reasons:

1. Allows you to release negative energy so you do not store it in the body. Stored up energy can cause muscle tension and other physical ailments. <sup>1</sup>
2. Slows the mind which can increase alertness. <sup>1</sup>
3. Allows the body to release toxins more readily by stimulating the lymphatic system. <sup>1,2</sup>
4. Helps balance your Autonomic Nervous System, which regulates involuntary functions such as: Temperature control, bladder. <sup>1</sup>
5. Slows heart rate which can help with Anxiety, Stress, Worry and other mental health conditions. <sup>1</sup>
6. Improves digestion, relieves pain, & increases Cardiovascular capacity using fat as energy. <sup>2</sup>
7. Makes you Happier by increasing the brain chemicals that makes us 'Feel Good'. <sup>2</sup>
8. GIVES YOU ENERGY! By helping to increase blood flow, producing higher oxygen content, cleanses the body and cells of toxins, better circulation, better SLEEP, helping the body to be more EFFICIENT. <sup>2</sup>

BONUS: It's FREE, doesn't cost anything. You don't need to go to the store and buy it, 'cuz you have it with you all of the time. AND, you can do it anywhere; no one even needs to know you are doing it. <sup>3</sup>

## References:

1. Mayo Clinic: Decrease Stress by Using Your Breath, Laura A. Peterson, RN, Mayo.com
2. Mountain View Chiropractic website [www.mntnviewchiro.com](http://www.mntnviewchiro.com) - Deep Breathing by the Mayo Clinic
3. Gina Wendt-Blasing, MS LCMFT 😊