

# **Breathing matters – 3 simple techniques transcription**

**April 2024**

Welcome to second video called 'Breathing matters'

I highly recommend you watch Video 1 first if you haven't already.

In this video I am going to show you three simple ways of breathing that will help you relax, de-stress, re-set and ground yourself.

I can only give you a taste here, but you can practise these in your own time and develop the habit of regulating your own breathing.

If you can be in a quiet place, and close your eyes, all the better, but this is not essential.

First.

If you are right in the middle of a stressful situation and things are getting a little too much, or you don't have time:

Simply stop what you are doing.

Take a pause.

Take a mindful breath or two.

Just this very act can help you re-set your system in a challenging situation:

Stop - pause - breathe.

Second.

Breath awareness.

Observe your breath. Put all your focus on your breathing.

Get curious and notice how you're breathing, without evaluating it or moving to change anything. Notice your breath as it is.

Are you breathing in and out through your nose or your mouth, or both?

Is your breath shallow, down to your upper chest, or is it deep down into your belly.

Notice the pace of your breathing - is it fast or slow.

Notice any areas where you are holding tension as you breathe, for example your jaw, shoulders, chest or belly.

Notice the physical sensations of the air coming in and the breath going out. The gentle brush of the breath across your skin, the feeling of the air moving through your nostrils, and whether it feels warm or cool.

Notice what you notice.

Just bring your whole awareness to your breathing.

Continue this for a few minutes, or longer if you have time.

Third. And I invite you to do this with me now.

Close your eyes.

You can stand, sit or lie down.

Place one hand on your chest and one hand on your belly.

Put your entire attention on your breath.

Consciously choose to breathe in and out through your nose.

Settle into a rhythm and begin to extend the length of each breath. Long, slow breaths.

Bring your breath all the way down to your belly.

The hand on your chest will barely be moving.

The hand on your belly will rise with your in breath and fall with your out breath.

Now you are taking long, slow, deep breaths.

'Low and slow'.

Keep your attention on your breath.

Notice the stress begin to dissolve. Your system will begin to feel calmer.

Keep breathing low and slow for as long as you can.

When you feel complete, gently open your eyes.

By Kim Parker