

Habit #3

# BREATHING

“Feelings come and go like clouds in a windy sky.  
Conscious breathing is my anchor.”  
~ Thich Nhat Hanh

# Quick Notes

- Always makes you feel better
- “Trained” to breathe shallow to hide our stomach
- You need to relax to breathe correctly
- Shallow breathing causes stress & anxiety
- Breathing and emotions intricately linked
- Bridge to the unconscious
- Changes your perspective
- Lights up different neural pathways
- It’s a skill, the more you practice the better you get

# Deep Breathing Benefits

- Decreases stress on your mind and body
- Oxygen helps you absorb vitamins and nutrients more efficiently
- Detox- through exhale toxins are removed from blood stream
- Improved mental functioning- better, brighter thoughts
- Can slow heartbeat and stabilize blood pressure
- Deep breathing releases endorphins into the body making you happier and act as a natural painkiller to make you more comfortable

# The Deep Breath

- Check posture, relax stomach, back, shoulders
- Focus on the exhale- breathe most the air out
- Relax stomach, back, shoulders
- Let the inhale happen by itself (you influence it by relaxing)
- Let your stomach move in and out with each breath
- Repeat- attention alternating between exhale and relaxing
- Be present with your breathing and notice the natural rhythm of it when you're relaxed, surf your breathing

# The Rhythmic Breath

- Do the deep breath
- Let your breathing become calm, relaxed and notice the natural rhythm of it
- Focus your attention on the split second when the breathing changes:
  - inhale to exhale
  - exhale to inhale
- Let part of your attention monitor your relaxation
- Enjoy the flow of this breathing pattern