

RELAXING & BREATHING

Quick Notes

- Your relaxation/tension level affects everything
- Prevention mindset (resolves all kinds of problems)
- Connects you to deeper wisdom (belly brain)
- Allows you to think about things from different perspective
- Lights up different neural pathways
- It's a skill, the more you practice the better you get
- Your state controls your weight

Deep Breathing Benefits

- “Trained” to breathe shallow to hide our stomachs
- Shallow breathing causes anxiety
- Deep breathing encourages full oxygen exchange — the trade of incoming oxygen for outgoing carbon dioxide.
- Can slow heartbeat and stabilize blood pressure
- Deep breathing releases endorphins into the body which make you happier and act as a natural painkiller making you more comfortable

The Breath of Calm

- 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

Benefits of Relaxation

- Decreases stress on your mind and body
- Reduce stress hormones
- Boosts your immune system
- Increases blood flow to major muscles
- Reduces muscle tension and chronic pain
- Improves concentration and mood
- Lowers fatigue
- Reduces anger and frustration
- Boosts confidence and self esteem

Ingredients of Relaxation

- State = your physiology + your psychology
- Your Physiology= posture, muscle relaxation, breathing
- Relax stomach, chest, shoulders, jaw, eyes, face
- Breathing is what your tracking
- Your Psychology= thoughts/memories
- Visual, auditory, kinesthetic
- Cycle through them and notice new information

Relaxation Flow

- Focus on an area and feel/pretend that part “let go”
- Start at your toes, bottom of feet, top of feet, calves, knees, thighs, waist, stomach, chest, shoulders, arms, hands, shoulders, neck, jaw, lips, eyes, face, top of head, back of head, down neck and shoulders, spine, back of legs, toes
- Repeat again consciously
- Move on to breath and thoughts and in back of mind feel relaxation continuing to flow over and through you

LET'S RELAX