

Breathing & Relaxing Breath

3-Inhalation Cleansing and Relaxing Breath

This technique stimulates oxygen flow, which cleanses, clears, and soothes your mind and your body. It focuses on the breath that moves in your upper chest. This technique focuses on 3 breaths. Each breath is comprised of 1 – 8 inhalations and one exhalation.

Try it: Open and lower our eyes to soften your focus. Take in 1 to 8 short, staccato, breathes through your nose, filling your chest. Then gently exhale through your mouth. Perform three sets of 1-8 inhalations to 1 exhalation.

Notes: Try to keep your shoulders down. You might notice at the end that you feel lightheaded.

Sequence of relaxation by Jacobson

The first thing you will do is find a comfortable position, take off your shoes, and make sure your clothing is not restricting. Place your hands on your knees and begin this simple sequence of relaxation.

- Hands. **Make a hard fist until you feel the tension.** Hold that position for 10 seconds, and little by little, release one finger at a time feeling them relax.
- Shoulders. This is very simple, shrug your shoulders slowly upward, towards your ears, until you can feel the tension. Hold for 5 seconds and release, feeling them **relax**. Repeat 5 times.
- Neck. **Next, lower your chin towards your chest for a few seconds, then relax.**
- Mouth. Now, open your mouth and extend your tongue as far as possible and hold for 10 seconds. Next, relax. Then, instead of sticking your tongue out, lift it to the roof of your mouth, feel the **tension**, then relax.
- Breathing. We will continue our relaxation with a simple breathing exercise: **inhale for 5 seconds, hold for 6 seconds, and exhale for 7 seconds.** *Very easy.*
- Back. With your shoulders resting comfortable against the back of the chair, move your body forward just a little bit so that your back is arched; hold that position for 10 seconds and then relax.
- Feet. We will complete our sequence by focusing on our feet. Stretch your toes out as if you are going to stand on your tip-toes. Note the tension and hold for 10 seconds, then release and feel the relaxation.

4 7 8 Breath

Exhale completely through your mouth, making a whoosh sound. 2) Close your mouth and inhale quietly through your nose to a mental count of **four**. 3) Hold your **breath** for a count of seven. 4) Exhale completely through your mouth, making a whoosh sound to a count of eight. 5) This is one **breath**

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Whole Body Technique

Feet

1. Bring your attention to your feet.
2. Point your feet downward and curl your toes under.
3. Tighten your toe muscles gently, but don't strain.
4. Notice the tension for a few moments, then release, and notice the relaxation. Repeat.
5. Become aware of the difference between the muscles when they're tensed and when they're relaxed.
6. Continue to tense and relax the leg muscles from the foot to the abdominal area.

Abdomen

1. Gently tighten the muscles of your abdomen, but don't strain.
2. Notice the tension for a few moments. Then release and notice the relaxation. Repeat.
3. Become aware of the difference between the tensed muscles and the relaxed muscles.

Shoulders and neck

1. Very gently shrug your shoulders straight up towards your ears. Don't strain.
2. Feel the tension for a few moments, release, and then feel the relaxation. Repeat.
3. Notice the difference between the tensed muscles and the relaxed muscles.
4. Focus on the neck muscles, first tensing and then relaxing until you feel total relaxation in this area

Localized technique

1. Close your hands tightly to feel the tension. Hold for 5 seconds, and slowly allow the fingers to release one by one until they're completely relaxed.
2. Press your lips tightly together and hold for 5 seconds, feeling the tension. Slowly release. The lips should be completely relaxed and barely touching after the release.
3. Finally, press your tongue against the roof of your mouth for 5 seconds, and notice the tension. Slowly relax the tongue until it's sitting on the floor of the mouth and your jaws are slightly unclenched.