

## Simple Steps to Healthy Breathing

- 1 Relax the upper body – allow the breath to deepen and the lungs to expand
- 2 Relax the belly – to make space for a deep abdominal breath
- 3 Breathe out slowly and completely and pause – to let the body and mind know everything is OK
- 4 Breathe through your nose into your belly – to calmly energise the whole body and mind.

## Belly Breathing

This exercise encourages the upper chest to relax as you exhale, deactivating tense neck and shoulder muscles while discouraging chest (shallow) breathing.

- Place both hands on your upper chest (one on top of other)
- Apply a gentle downward movement with the hands towards your belly (pressing gently into the chest at the same time)
- Hold this hand position with relaxed shoulders – as you practice breathing for one or two minutes.

## Breathing Out

Good breathing practice focuses on air OUT: the exhalation phase. When we inhale more than we exhale, our body is in a permanent state of 'red alert'. It is the OUT breath and the pause at the end of the exhalation that tells the brain and body that everything is OK.

The lower and slower we breathe – the calmer and clearer we become.

## Sinus Point Massage

- Place the tips of both fingers next to the nostrils and push in
- Apply pressure and make small circles with your fingertips
- Relax the face and shoulders as you massage

After a minute or two, stop and notice any difference to your breath.