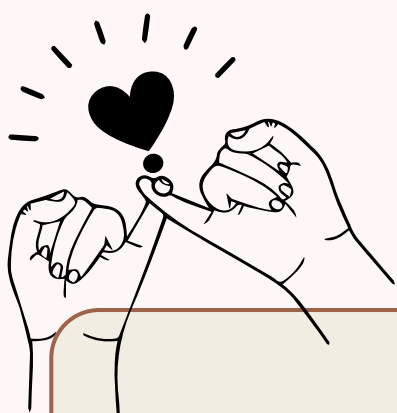




EMOTIONAL CONTROL USING BREATHWORK



MAKE A COMMITMENT

Set a time and frequency to complete breathwork.

Be realistic with yourself.



SET A LOCATION

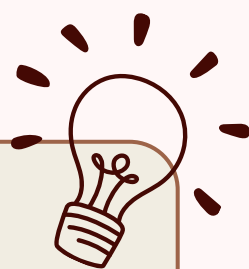
Find a space to be alone and uninterrupted.

Ex: car, closet, etc.



CHOOSE A TYPE

Choose a breathwork type most comfortable for you



SET INTENTION

Set an intention to keep focused.

Wearing an eye mask is optional.

just relax

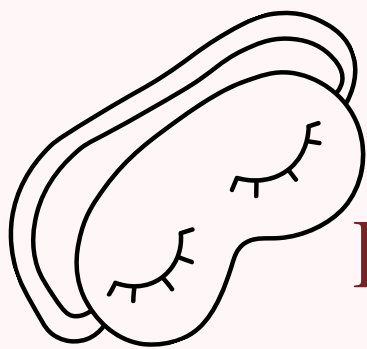
IF LAYING DOWN

Place a pillow under your head and a foam roller under your knees.

IF SITTING DOWN

Sit up right with shoulders relaxed and down.

Allow arms to hang down or place rest them in your lap.



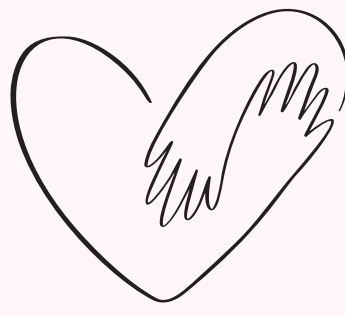
Breathwork Types



BASIC

Take a deep breath in (this can be via the nose or mouth), and slowly raise your elbows while keeping your hands on your shoulders. Hold for 3-4 seconds.

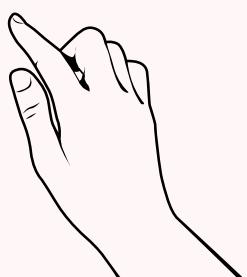
Then slowly exhale (use the opposite from inhaling), and slowly lower your elbows while keeping your hands on your shoulders. Rest for 3-4 seconds, then repeat.



EMBRACE

Take a deep breath in, and gently squeeze yourself with a hug. Hold for 3-4 seconds.

Then slowly exhale, and slowly release your hug keeping your arms crossed over your chest. Rest for 3-4 seconds, then repeat.



TOUCH

Close your mouth and take a deep inhale through your nose. As you inhale, imagine the air going into the area you are touching and hold for 3-4 seconds.

As you slowly exhale, imagine the stress and/or anxiety leaving the area you are touching. Rest for 3-4 seconds then repeat.

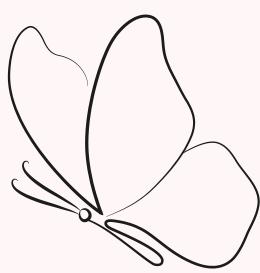


OCEAN

Close your mouth and take a deep inhale through your nose. As you inhale, you should hear the sound from your inhalation. Hold for 3-4 seconds.

Then slowly exhale through your mouth. As you exhale, you should hear the sound from your exhalation.

Rest for 3-4 seconds, then repeat.



BUTTERFLY

Take a deep breath in (this can be via the nose or mouth), and slowly raise your elbows while keeping your hands on your shoulders. Hold for 3-4 seconds.

Then slowly exhale (use the opposite from inhaling), and slowly lower your elbows while keeping your hands on your shoulders. Rest for 3-4 seconds, then repeat.



MANTRA

You will repeat a positive saying as you inhale and another saying as you exhale. (i.e I am/at peace)

Close your mouth and take a deep inhale through your nose. As you inhale, say the first part of your mantra (i.e I feel) hold for 3-4 seconds.

As you slowly exhale through your mouth say the second part of your mantra (i.e I am enough). Rest for 3-4 seconds then repeat.

