

MY DAILY PLEDGE

Heart-Focused Breathing Technique

The Heart-Focused Breathing Technique is a simple to use, energy-saving, self-regulation strategy designed to reduce the intensity of a stress reaction and to establish a calm, but alert state. It helps you to take a “time-out” where you can step back and neutralize depleting emotions.

Combining the simple act of focusing on the heart area with a slightly deeper level of breathing helps draw energy away from distressed thoughts and feelings by interrupting your body mechanical stress response.

We can gain benefit from conscious breathing if we use it to help us shift into and sustain a more balanced state.

How to do the heart-focused breathing technique?

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Try to keep your eyes open with a soft gaze.

Find an easy rhythm that is comfortable for you.

Once familiar practicing the step above, try the Quick Coherence technique

How to do the Quick Coherence technique?

Step 1: Start with Heart-Focused Breathing (explained above)

Step 2: As you continue heart-focused breathing, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.



Heart-focused breathing is one of the techniques that help you regulate your emotions and enhance your overall wellbeing and personal resilience.

To learn more, do not hesitate to book a 20-minute free consultation call with Rima by going to this link: <https://www.upbyrimahilal.com/contact-me>