

UNBOX YOUR BREATH



Breath practices like “box breathing” or breath ratios are **suggestions** and not therapeutic for everyone all the time. When we pay attention to our breath, we create a potential therapeutic effect because we are aligning our internal system. The **real** therapeutic benefit occurs when we make it personal. Once we discover our own comfortable breath practices through a mind-body connection, we can truly balance our nervous system.



Where Do I Start?

Start with imagining the movement of a jellyfish in water and how the whole body is breathing. Picture your breath gracefully expanding and contracting with ease. Breathe in and out through the nose. This type of comfortable breathing sends signals to relax and create a protective effect on the immune system.

Trouble Focusing On Your Breath?

Try making the sound of a bumblebee, “mmmmm,” and notice where you sense the vibration in your body. You might like to close your eyes while practicing this. Notice the pause in between breaths.

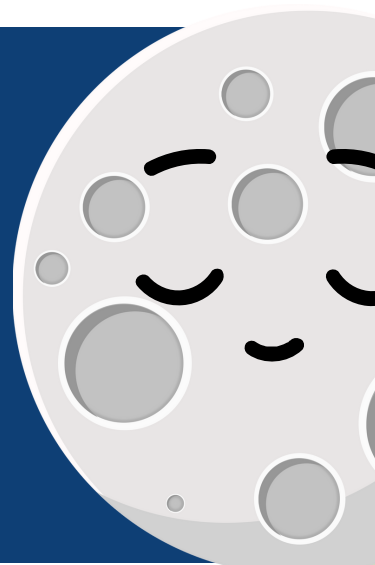


What If I Need a Pick-Me-Up?

Focus more on gradually lengthening the **inhale**. You can add movement of your arms overhead or out to your sides, focusing on lengthening the spine, lifting the heart, and expanding the ribs in all directions. Softly exhale back to center. Focusing on the inhale brings in more oxygen, creating a joyful feeling.

What If I Need to Calm Down?

Focus more on gradually lengthening the **exhale** — like a sigh. You can add movement of a slight forward fold as you exhale and contract your naval to your spine. Softly inhale back to center. Focusing on the exhale releases carbon dioxide, creating a calming feeling.



What If I Feel Lightheaded?

If you feel lightheaded with any breath practice, you might be overbreathing. Slow down, take a break, retry, or stop and consult with your medical provider.

Try these breathing practices!

