

Tri-Life Leadership Training

CONSCIOUS BREATHING

- Conscious breathing involves diaphragmatic (belly) breathing
 - Average person breathes approx. 21,600 times per day.
 - Inhaling switches on the sympathetic nervous system (sends alert signals to the body). Exhaling switches on the parasympathetic nervous system (sends relaxation signals to the body).
 - The in-breath carries, via the blood supply, over 88lbs of oxygen daily.
 - Lower lung - where most of the blood supply is, becomes fully ventilated and increases the oxygen to the body.
 - Breathing removes 70% of the waste products from the body.
 - When you have shallow breathing or holding breath, this leaves the body starved for oxygen, thereby increasing the respiration rate in an attempt to “catch more breath.” We become breathless, creating a stress response.
 - Breathing deactivates the stress-feedback loop.
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- **CONSCIOUS BREATHING CYCLE-KEEP AWARENESS ON BREATHING**
 - Inhalation—Push your lower abdomen out while inhaling through your nose, and let the wave of your inhalation move up from your lower abdomen to your lungs, slowly counting 1, 2, 3, 4, 5.
 - Hold for count of 1-2 at stillpoint, or pause.
 - Exhalation—Breathe out with your mouth open as an “O.” Let the wave of your exhalation move from your lungs down to your lower abdomen, pull in abdomen at end of slowly counting 1, 2, 3, 4, 5, 6, 7.
 - Hold for count of 1-2 at stillpoint, or pause
 - Exhalation should be longer than inhalation to maximize stress/anxiety reduction.
 - Repeat Breathing Cycle 1-3 times, several times a day.