



Stacy Mitchell
Happiness & Success Coach
www.itakesuccess.com
stacy@itakesuccess.com

Simply Breathing

Abdominal Breathing

1 hand on chest; 1 hand on belly

Breathe in/out through the nose

Duration: 6-10 breaths/minute

Goal: breathe with your diaphragm so that your belly moves more than your chest

Progressive Relaxation

Inhale through your nose and hold for a count of 3-5.

While holding, tense a muscle group.

After holding, exhale forcibly through (nose or mouth) and release the tension in the muscle group.

Goal: feel the tension release through the breath.

Spaced Breathing

(Be sure you're doing abdominal breathing!)

In through your nose for a count of four, hold for a count of four. Then exhale through nose for a count of four, hold for a count of four.

Duration: repeat for ten cycles. Over time, you can work up to counts of 6, 8, 10, or 12 (instead of 4).

Goal: relieve minor (and even not so minor) pain

Alternate Nostril Breathing

Inhale and exhale is done through nose - no mouth breathing. You will need the assistance of your right hand.

Place right thumb against your right nostril. Breathe in through the left nostril.

Release thumb and place right pinky against left nostril. Exhale through right nostril.

The idea is to breathe in through one nostril and out through the other:

In left - out right - in right - out left

Goal: focus, calm, and alertness

Skull Shining Breathing

Breathe in/out through your nose using abdominal breathing.

Take a long slow breath in through your nose.

Push out the breath from your abdomen in one quick and powerful movement through your nose.

Goal: energize

Like us on Facebook: www.facebook.com/itakesuccess

Follow us on Twitter: @ITakeSuccess