



## Controlled Breathing Practices for Adults

Take a deep breath, expanding your belly. Pause. Exhale slowly to the count of five. Repeat four times. Congratulations. You've just calmed your nervous system. Controlled breathing, like what you just practiced, has been shown to reduce stress, increase alertness and boost your immune system. Consciously changing the way you breathe appears to send a signal to the brain to adjust the parasympathetic branch of the nervous system, which can slow heart rate and digestion and promote feelings of calm as well as the sympathetic system, which controls the release of stress hormones like cortisol.

<p><b>4- 2- 4- 2</b></p>	<p>Inhale 4, pause 2, exhale 4, pause 2. Repeat several times. Deep diaphragmatic breathing expands and contracts the abdominal area</p>
<p><b>5- 2- 5</b></p>	<p>Inhale 5, pause 2, exhale 5 (this one works with kids, too)</p>
<p><b>10-9-8-7-6-5-4-3-2-1</b></p>	<p>Breathe and count-- Inhale-exhale 10, Inhale-exhale 9, Inhale-exhale 8, etc.</p>
<p><b>1-2-3-4 4-3-2-1</b></p>	<p>Inhale to the count of 4. Exhale to the count of 4.</p>
<p><b>Coherent Breathing:</b></p>  <p><b>Inhale 5 Exhale 6</b></p>	<p>In coherent breathing, the goal is to breathe at a rate of five breaths per minute, which generally translates into inhaling and exhaling to the count of six. If you have never practiced breathing exercises before, you may have to work up to this practice slowly, starting with inhaling and exhaling to the count of three and working your way up to six.</p> <ol style="list-style-type: none"> <li>1. Sitting upright or lying down, place your hands on your belly.</li> <li>2. Slowly breathe in, expanding your belly, to the count of five.</li> <li>3. Pause.</li> <li>4. Slowly breathe out to the count of six.</li> <li>5. Work your way up to practicing this pattern for 10 to 20 minutes a day.</li> </ol> <p style="text-align: right;"><small>Aldermannov, 2016, NYT</small></p>
<p><b>Rock and Roll Breathing: Stress Relief</b></p> 	<p>When your mind is racing or you feel keyed up, try Rock and Roll breathing, which has the added benefit of strengthening your core.</p> <ol style="list-style-type: none"> <li>1. Sit up straight on the floor or the edge of a chair.</li> <li>1. Place your hands on your belly.</li> <li>2. As you inhale, lean forward and expand your belly.</li> <li>3. As you exhale, squeeze the breath out and curl forward while leaning backward; exhale until you are completely empty of breath.</li> <li>4. Repeat 20 times.</li> </ol> <p style="text-align: right;"><small>Aldermannov, 2016, NYT</small></p>



### **Energizing HA Breath**

When the midafternoon slump hits, stand up and do some quick breath work to wake up your mind and body.

1. Stand up tall, elbows bent, palms facing up.
2. As you inhale, draw your elbows back behind you, palms continuing to face up.
3. Then exhale quickly, thrusting your palms forward and turning them downward, while saying “Ha” out loud.
4. Repeat quickly 10 to 15 times.

Aldermannov, 2016, NYT

### **4-7-8: Powerful Relaxing Breath**

1. Touch tongue tip to ridge of tissue above front teeth.
2. Begin with exhale through your mouth noisily around your tongue, pursing your lips outward.
3. Inhale through nose quietly to count of 4.
4. Hold breath to count of 7.
5. Exhale slowly to count of 8. Repeat.

Dr. Andrew Weil