

## Breathing Exercise To Relax You...

I am going to remind you of the Breathing Exercise I often do in my sessions, and which so many of my clients have said really helps them relax.

Ready.....

Make sure you are sitting comfortably with your feet firmly on the ground.

Close your eyes or leave them open, whichever you prefer.

Imagine you have a red balloon in your stomach.

Place your hand on your belly over your belly button and feel how the balloon inflates and deflates as your belly goes up and down as you breathe in and out. Cool huh!

So now let's continue.....

Take a slow, deep breath of air in through your nose, feeling your stomach inflate and count in your head 1,2,3, and then pause and hold it for the count of 1,2,3. Then slowly breathe out, making your lips into a circle as if you are blowing out candles on a cake, feeling your stomach deflate.

And again, take a slow, deep breath of air in through you nose, counting in your head, 1,2,3, and then pause and hold it for the count of 1,2,3. Then breathe out a long deep breath, longer than the breath in, blowing the candles out on the cake.

Focus on the air travelling in and out slowly and evenly, making you feel calm.

Keep imagining the red balloon getting bigger as you inhale and smaller as you exhale.

Now you have the hang of it I want you to imagine a lovely place that makes you feel safe and calm, could be a beach, a wood, a comfy chair in a room, anywhere which makes you feel relaxed.

Now let's repeat the exercise....

Imagine your safe place and then take another slow, deep, breath of air in through your nose, making the balloon bigger and then pause and hold it for 1,2,3 and then blow the candles out and with it imagine you are blowing you worries away, counting 1,2,3,4, making the balloon in your stomach shrink.

Your breathing is starting to slow down, your body is beginning to feel calm and heavy, which means any worries are floating away and you are starting to feel more relaxed.

Feeling lovely and calm?

Keep practising as this well help your limbic system/nervous system to become calmer and also to calm down quicker when anxiety or worry does strike.

Repeat the above 10 times, ideally three times a day. Please just try and find 5 minutes throughout the day or night in your busy schedule to calm your mind and body. With practice I promise you will feel the difference!

If any of you want me to take you through this exercise in a mini skyped or online complimentary session then just let me know.



## Hints & Tips

### #1 Having a daily routine can really anchor us.

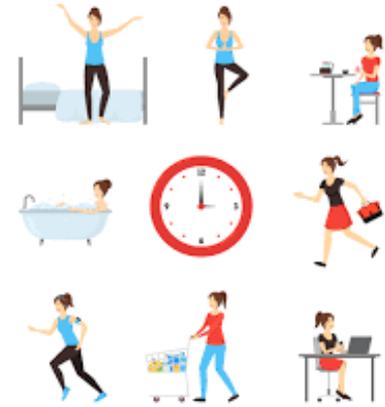
A routine you can keep to in daily life may not sound important, but for some people it's what helps to keep them grounded. Daily exercise, healthy eating, a good night's sleep will all help you cope better with what life throws at you.

Having a routine can help us to feel more in control. No matter what's going on in our day, knowing that we will be having our evening meal at a certain time, and going to bed at the same time each night can be a real comfort. The certainty of our routine can help us to manage the uncertainty that life can throw up. Coping with unpredictability and uncertainty can feel more manageable when we have a little structure in place to anchor us.

And remember your daily routine influences your quality of rest, and we all need periods of rest throughout the day - and it can be a good opportunity to practise your breathing exercise!

Finally routine can aid our mental health. It can help us to cope with change, to form healthy habits, and to reduce our stress levels.

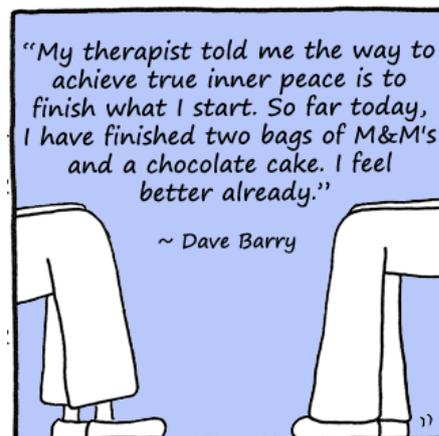
So, think about what your routine will look like in the current climate.



## Quote of the Day

*In moments of unexpected stress and frustration, an uplifting reminder can make all the difference in your mindset*

One of the most rewarding and important moments in life is the moment you finally find the courage to let go of what you can't change.  
- marcandangel



*So that's all for now. I hope you have found this Care Mail helpful. I will be e mailing you again in a few days time with more relaxation exercises, some hints and tips and another cheesy quote!*

*Take Care*

*Warmest Regards*

*Ruth*