CALM BREATHING

Breathing is the only bodily function we have both conscious and unconscious control over. When we go into fight/flight or panic, our pulse rate and blood pressure shoot up, and our breathing gets very fast. By breathing consciously, we can down-regulate our emotions and return to balance. Conscious breathing shifts us from sympathetic nervous system (fight or flight) activation to the parasympathetic nervous activation, rest and recover mode.

**Purpose:** To calm our body and emotions, through breathing consciously.

**Use when:**
- Feeling anxious, tense or keyed up
- Feeling a need to relax and let go

**Common experiences:**
- Feeling calmer & more relaxed
- Breathing more deeply
- Feeling more centered and grounded

**Steps:**
1. Take a quick deep breath through your nose.
3. Let your breath out through loose lips, like a deep sigh.
4. Allow your shoulders to fall.
5. Notice the feeling just after letting breath out, before you start to breathe in.
6. Repeat 3-5 times; or for as long as you wish.

**NOTE:** This breathing has a calming effect on its own.

**Follow along with the video:**[https://youtu.be/geMxL8D6TO8](https://youtu.be/geMxL8D6TO8)

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