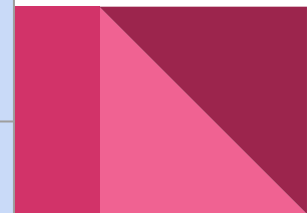


Our Well-Being Matters

The Power of the Breath

Kathryn Thomas

| | |
|---|--|
| Welcome and Introductions | |
| <u>Calming Breath</u> | <ul style="list-style-type: none">● Coherent Breathing |
| <u>Benefits of Following our Breathing</u> | |
| <u>Breathing Better for Our Health</u> | <ul style="list-style-type: none">● Nasal breathing● Light, Slow and Deep Breathing |
| <u>Energising Breath</u> | <ul style="list-style-type: none">● Sufi Breathing |
| <u>Mental Clarity Breath</u> | <ul style="list-style-type: none">● Square Breathing |
| <u>Relaxing Breath</u> | <ul style="list-style-type: none">● 4,7,8● Humming |
| <u>Closing Breaths</u> | |



Calming Breath - Coherent Breathing

Sit up straight so the spine is relaxed and long. Place a hand on the heart. Spend a moment observing the breath.

Breathe in to a count of 5. Breathe out to a count of 5

Continue for 3 - 5 minutes.

Breathing should be smooth and steady and flow between the inhale and the exhale.

[Video clip](#)



“People in these professions are often all too aware of how tired they feel after a day of work, but the exhaustion that follows...is not necessarily due to mental or physical effort - more likely it is a result of the effects of elevated breathing levels during excessive talking. ...in the case of talking, breathing increases without an actual need for more oxygen, causing a disturbance to blood gases and reducing blood flow”.

P. McKeown, "The Oxygen Advantage", Page 34



Breath Benefits

What do you think are the Health and Well-Being?

- Helps cope with stress/anxiety/panic attacks
- Asthma/Covid
- Better sleep
- Maximises exercise benefits
- Greater mental clarity
- Helps with pain and mobility issues
 - To name but a few!!!!!!!



Nasal Breathing

How much of our day/night do we spend breathing through our nose?

Do we even notice?

Nasal Breathing Benefits:

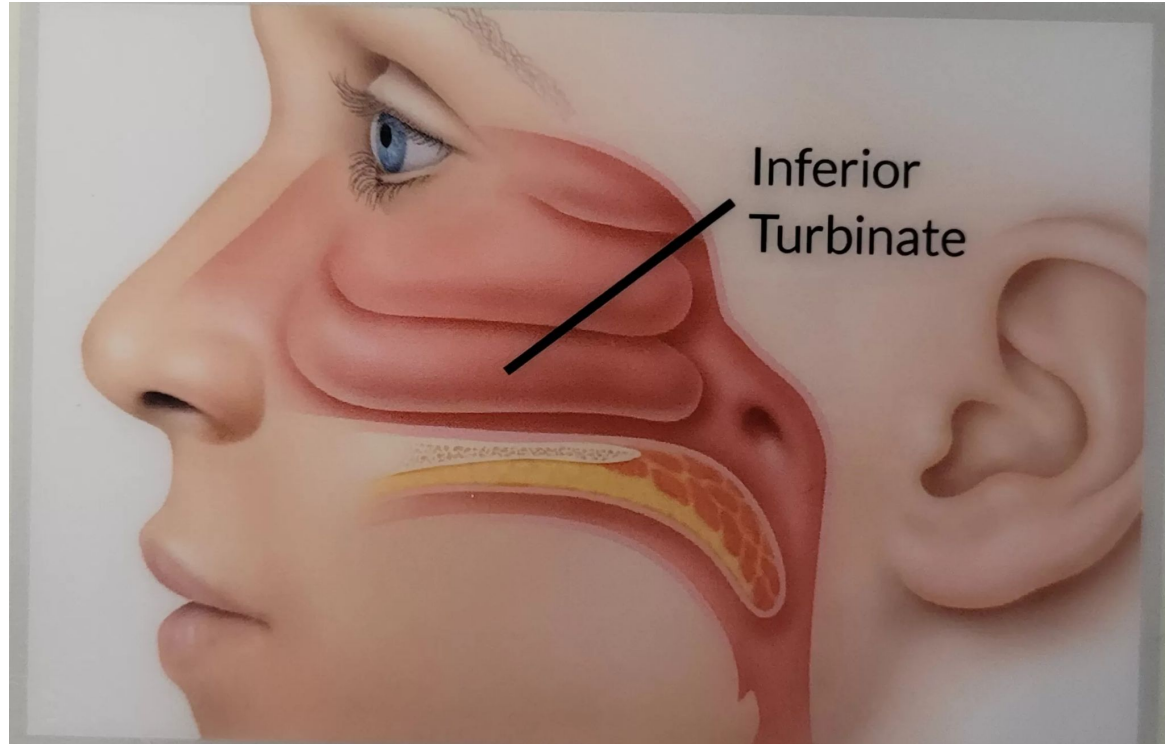
- Slows down breathing
- Use the diaphragm more
- Better amount of CO₂
- Cleans the air
- Greater Oxygen uptake in the blood
- Better quality of sleep
- Calmer/less anxious



Nasal Breathing

Photo:

thenoseinstitute.com



How Breathing Fit Are We?

Measuring Our BOLT Score.....

| | | |
|---|--|--|
| < 20 seconds | Indicates Upper Chest Breathing, faster breathing rate, higher breathing volume. | Might present with blocked nose, snoring, insomnia, fatigue, coughing, wheezing, breathlessness, exercise induced asthma |
| 20 - 40 Seconds | | Above symptoms are gone, but may come back if exposed to a trigger |
| > 40 seconds | | Very rarely will you have symptoms. |
| <i>Source: Buteyko Instructor Trainer Manual.</i> | | |

How to improve?

Light, Slow and Deep Breathing

Breathing Light.....

Breathing Slow.....

Breathing Deep.....

Putting it all together!

Note - this is the opposite breathing to what we do in stressful situations!



Energising Breath - Sufi Breathing

This exercise can be done sitting or standing.

Keep the body relaxed. Notice which parts of your body are moving with the rhythm of the breath.

Think of the words, “sniff, sniff, Pooh!”

Breathe in short, sharp breaths through the nose on the sniffs.

Blow out the pooh through your lips.

Have fun with it!



Mental Clarity - Square Breathing

Sit comfortably, keeping the spine upright and relaxed.

Imagine a square in front of your eyes.

- Breathe in for 4
- Hold the breath for 4
- Breathe out for 4
- Hold the breath for 4

Dan Brule, Author of Just Breathe, claims this breath is great if you are feeling groggy, tired but still have work to do! It's great to do to music.



Breathing to Relax and Unwind - Humming Breath

Sit or lie down.

Take a few breaths in just noticing your breathing. Have the intention to slow down the breathing and relax.

Take a normal breath in

Hum as you exhale. Extend the exhale for as long as you feel comfortable.

Repeat for as long as you would like.



Breathing to Relax and Unwind - 4, 7, 8 ration

Sit or lie down.

Place a hand on the heart and a hand on the belly. Focus on your natural breathing pattern for a few moments.

When you are ready:

- Breathe in for a count of 4
- Hold the breath for a count of 7
- Breath out for a count of 8

If you find this difficult, change the rate at which you count.



Closing Breaths

“Remember to breathe. It is after all, the secret of life.”

— Gregory Maguire, *A Lion Among Men*

