

# Breathing Toolkit

eleven breathing techniques to keep in your back pocket for when you're:

- feeling stressed
- feeling anxious
- feeling lethargic/fatigued



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breathing techniques  
to use when feeling  
anxious or stressed...

# diaphragmatic breathing

1. Sit in a comfortable position and relax your shoulders.
2. Put one hand on your chest and the other hand on your stomach.
3. Breathe in through your nose for about 4 seconds. You should feel your stomach expanding, compared to your chest which should remain relatively still.
4. Purse your lips (as if you're about to drink through a straw), press gently on your stomach, and exhale slowly for about 4 seconds.
5. Keep repeating for 2-3 minutes.

## 4-7-8 breathing

1. Place the tip of your tongue against the roof of your mouth just behind your upper front teeth.
2. Close your mouth and inhale through your nose to a mental count of 4.
3. Hold your breath for a count of 7.
4. Exhale through your mouth around your tongue, making a whoosh sound to a count of 8.
5. Repeat the cycle three more times for a total of 4 breaths



# lion's breath

1. Focus your gaze or fixate your third eye. You can also open your eyes wide and gaze up towards the sky.
2. Sit in a comfortable position and lean forward with your palms placed on your knees.
3. Inhale through the nose.
4. Open the mouth wide, stick out your tongue and stretch it down towards the chin. Exhale forcefully with the 'ha' sound coming from deep within your abdomen.
5. Breathe normally for a few seconds and then repeat. Lion's breath can be repeated up to 7 times.
6. Finish it by breathing deeply for 1-3 minutes.

“We tend to experience a shortness of breath when we feel stressed or anxious. Practicing these breathing techniques is a wonderful way to take back control.”

## DIAPHRAGMATIC BREATHING

### PHYSICAL BENEFITS:

- LOWERS HR & BLOOD PRESSURE
- INCREASES ENERGY LEVELS
- DECREASES MUSCLE TENSION

### MENTAL BENEFITS:

- ALLEVIATES STRESS AND ANXIETY
- IMPROVES SLEEP QUALITY
- INCREASES COGNITIVE FUNCTION
- LOWERS BLOOD PRESSURE

## 4-7-8 BREATHING

A GREAT TOOL TO USE IN A STRESSFUL SITUATION BEFORE YOU REACT. USE IT WHENEVER YOU ARE AWARE OF INTERNAL TENSION OR STRESS. IT IS ALSO A USEFUL TOOL TO HELP YOU FALL ASLEEP.

## LION'S BREATH

- ALLEVIATES STRESS AND ANXIETY
- IMPROVES SLEEP QUALITY
- INCREASES COGNITIVE FUNCTION
- LOWERS BLOOD PRESSURE

breathing techniques to  
use when feeling  
distracted and  
unfocused...

# ujjayi breath

1. In order to get used to the actions required for this breath start by opening your mouth and exhale the sound “HAAAAH”—like you’re trying to defog a mirror.
2. Now try the same sound with your mouth closed, feeling the outflow of air through your nasal passages. Then use the same method for the in-flow breath, gently constricting the back of your throat.
3. Make sure the breaths are long, deep and audible.
4. Continue this breath with your lips closed for 3 minutes.

Another name for this breath is 'ocean breath' as the inhales sound like the ocean gathering up to form the wave and the exhales sound like the waves crashing against the shore.

# box breathing

1

Inhale for 4 seconds

2

Hold the breath for 4 seconds

3

Exhale for 4 seconds

4

And repeat

# alternate nostril breathing



1. Place your forefinger over your left nostril and breathe in through the right slowly
2. Pause briefly at the top of the breath
3. Place your thumb on the right nostril, release your forefinger from the left nostril and exhale through the left nostril
4. Inhale through the left nostril and repeat the pattern

“These breathing techniques are useful in tense situations in order to stay calm and focused.”

## UJJAYI BREATH

- THIS DIAPHRAGMATIC BREATH MASSAGES THE INTERNAL ORGANS AND STIMULATES THE DIGESTIVE SYSTEMS TO ENCOURAGE DETOXIFICATION AND DECREASE PHLEGM.
- INCREASES FOCUS AND CONCENTRATION
- BUILDS ENDURANCE, ENERGY AND STAMINA

## BOX BREATHING

- REDUCES PHYSICAL STRESS SYMPTOMS
- REDUCES ANXIETY, DEPRESSION AND STRESS
  - INCREASES MENTAL CLARITY, ENERGY AND FOCUS

## ALTERNATE NOSTRIL BREATHING

BALANCES THE BRAIN AND NERVOUS SYSTEM

- RELIEVES FEELINGS OF STRESS, ANGER AND ANXIETY
- LOWERS HR, BLOOD PRESSURE AND SYMPATHETIC STRESS
- SHARPENS FOCUS AND CONCENTRATION



breathing techniques to  
use when feeling  
lethargic or fatigued...

# breath of fire

1

Sit up tall  
(cross legged if you can)

2

Inhale through your nose,  
whilst expanding the belly  
with your breath

3

Without pausing, sharply  
exhale  
through your nose  
contracting  
the abdominal muscles

# bellows breath

1. Sit up tall, relax your shoulders and take a few deep breaths.
2. Exhale forcefully through your nose, followed by a forceful inhale through your nose (at the rate of one second per cycle).
3. Your naval should be moving inwards on the exhale and outwards on the inhale - so that the breath is coming from your diaphragm.
4. Complete 10 bellow breaths, then take a 10-30 second break breathing naturally. Observe the sensations in your mind and body.
5. Then complete another round of 20 bellow breaths.
6. Take a 30 seconds break and then complete a third round of 30 bellows breaths.

Make sure to listen to your body during the practice as it can be intense on the body. If you feel light-headed take a break. AVOID this breathing technique if you're pregnant or have a heart, spinal, or respiratory condition.

# 4-4 breathing technique

1. Sit with a straight spine. Relax your shoulders.
2. Close your eyes and take a few deep breaths.
3. Place your palms together firmly at the heart centre with the fingers pointing up.
4. Inhale sharply through the nose breaking the breath into 4 equal parts. The naval should pump outward with each part of the breath. The lungs should be filled by the 4th part.
5. Exhale by releasing the breath in 4 equal parts. The naval should pump inwards towards the spine with each part of the breath. The lungs should be empty on the 4th part.
6. Pumping the naval generates energy and the stronger you pump the more energy you will generate!
7. Continue this breath for 2-3 minutes.
8. Then inhale deeply and press the palms together as tightly as you can generating tension in your whole body for 10-15 seconds.
9. Exhale powerfully and repeat the step 8 once more.
10. Exhale and relax the body.
11. Take a few deep breaths, stretch, and you will be ready to continue with your daily tasks with more energy!

## BREATH OF FIRE

- A NATURAL ENERGY BOOSTER
- REDUCES STRESS
- IMPROVES CONCENTRATION
- STRENGTHENS ABDOMINAL MUSCLES

AVOID THIS BREATHING TECHNIQUE IF YOU'RE PREGNANT OR HAVE A HEART, SPINAL, OR RESPIRATORY CONDITION.

## BELLOWS BREATH

- ENERGISES THE BODY AND HELPS CLARIFY THE MIND
- INCREASE YOUR DIGESTIVE POWER AND CAN BOOST YOUR METABOLISM

BEST TIMES: FIRST THING IN THE MORNING TO ENERGISE YOU FOR THE DAY AHEAD, IN THE MIDDLE OF THE DAY AS A NATURAL 'PICK ME UP' AND BEFORE A WORKOUT

## 4-4 BREATHING TECHNIQUE

- A POWERFUL NATURAL ENERGY BOOSTER
- CALMS THE MIND WHEN FEELING OVERWHELMED WITH THOUGHTS AND EMOTIONS

THE BEST TIME TO PRACTICE THIS IS BEFORE WORK, MEETINGS OR EVENTS

“You can use these breathing techniques as natural energy boosters!”

daily techniques to  
improve general health  
and wellbeing...

# resonant breathing

1

Inhale softly for 5.5 seconds, expanding the belly

2

Without pausing exhale softly for 5.5 seconds bringing the belly in

# humming

- 1.5 minutes is the minimal time needed for humming to have an affect on the body.
2. Take a few deep breaths
3. Close your lips lightly
4. Gently hum using the "mmm" sound (or "hum" - spending only a second on the initial "huh" and the rest of the breath for the "mmm")
5. Hold the "mmm" sound for 5-10 seconds
6. Take a deep breath and repeat for 5 minutes

# general health

## RESONANT BREATHING

GETS YOUR HEART AND LUNGS WORKING AT PEAK EFFICIENCY

## HUMMING

- INCREASES OXYGEN IN THE CELLS
- LOWERS BLOOD PRESSURE AND HEART RATE
- INCREASES LYMPHATIC CIRCULATION (CLEARING TOXINS FROM THE BODY)
- INCREASES LEVELS OF MELATONIN (A HORMONE THAT ENHANCES SLEEP)
- REDUCES LEVELS OF STRESS RELATED HORMONES
- RELEASES ENDORPHINS (NEUROTRANSMITTERS THAT BLOCK PAIN AND CONTRIBUTE TO FEELINGS OF PLEASURE)
- INCREASES LEVELS OF NITRIC OXIDE (ASSOCIATED WITH OUR IMMUNE SYSTEM, CARDIOVASCULAR SYSTEM AND RESPIRATORY SYSTEM)
- RELEASES OXYTOCIN (THE "LOVE" HORMONE, CREATING TRUST BETWEEN US)

I hope you have found these breathing techniques useful. For more guidance join our wellbeing from source community

 @wellbeingfromsource

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