

Calm Breathing

Here's a simple, yet highly effective, way of breathing which will help regulate your sympathetic nervous system, reduce stress, bring your heart and blood pressure down... and leave you feeling more in control, grounded and relaxed. What's not to like...?

Try this:

Standing, or sitting - start by becoming aware of your breathing. Think of your body like a balloon.

Take a nice deep breath in through your nose... expanding your stomach as you breathe in for a count of 4.

As you breathe out, imagine your breath is like a 'slow puncture' through your mouth. Breathe out for a count of 8, or for as long as feels comfortable.

**In through the nose, inflating your stomach for a count of 4...
Out through your mouth (lips just gently parted) on slow puncture for 8...**

**In through your nose for 4...
Out through your mouth for 8...**

Do this 5 - 10 times for an 'instant hit' of calm. You could do this and follow with the Mindfulness technique to help settle your mind to go to sleep, or if you feel in need of a strong 'calming' session.

The beauty of this technique (as well as the Mindfulness technique!) is that you can do this anywhere, anytime. And you don't need to close your eyes or go all 'yoga zen'... you can do this at work or at home and no-one will even know.

Using your breath to calm your body and mind - useful life skill!



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