



Just Breathe

Health Education Station Tool-kit

This tool-kit contains: Print-ready health education handout, list of additional exercises, list of optional items to purchase to enhance your display



Arthur J. Gallagher & Co.

Just Breathe



Exercise 1: Focus on Deep Breathing

- Sit with your eyes closed and turn your attention to your breathing.
- Breathe naturally, preferably through your nostrils, without attempting to control your breath, and try to become aware of the sensation of the breath as it enters and leaves your nostrils. This sensation is the object of meditation.
- Try to concentrate on your breathing to the exclusion of everything else. If thoughts or sensations enter your mind, acknowledge them for a moment, then return your attention to your breathing.
- When first beginning, aim for 3-5 minutes of deep breathing. Over time you will be able to work your way up to completing longer sessions.
- Practicing deep breathing for 10-15 minutes each day can help calm your mind and reduce stress.

This is for informational purposes only and is not intended as medical advice, nor should it replace the advice of a doctor. Exercise caution while performing these exercises. If you begin to feel dizzy or lightheaded stop the exercise and remain seated until you feel more stable. When you are ready to stand up, be sure to rise slowly. Additionally, we do not recommend that you perform these exercises while driving or operating heavy machinery.

Source: <http://www.aboutmeditation.org/breathing-meditation.php/>

Just Breathe

Exercise 2: Stimulating Breath (a.k.a. Bellows Breath)



- Stimulating Breath can raise vital energy and increase alertness.
- Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible.
- Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows.
- Breathe normally after each cycle.
- Limit the time to 15 seconds or less on your first try.
- Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute.
- When done properly, you may feel invigorated — comparable to the heightened awareness you feel after a good workout.
- You should feel the effort at the back of the neck, the diaphragm, the chest and the abdomen.
- Try this breathing exercise the next time you need an energy boost instead of reaching for caffeine.

This is for informational purposes only and is not intended as medical advice, nor should it replace the advice of a doctor. Exercise caution while performing these exercises. If you begin to feel dizzy or lightheaded stop the exercise and remain seated until you feel more stable. When you are ready to stand up, be sure to rise slowly. Additionally, we do not recommend that you perform these exercises while driving or operating heavy machinery.

Source: <http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>

Just Breathe

Exercise 3: Breath Counting

- If you want to get a feel for the challenge of meditative breathing, try Breath Counting, a deceptively simple technique used in Zen practice.
- Sit in a comfortable position with the chest lifted, shoulder blades “in your back pockets,” spine up straight and head tipped slightly forward.
- Gently close your eyes and take a few slow, deep breaths.
- Then let the breath come naturally without trying to influence it. Ideally it will be quiet and relaxed, but depth and rhythm may vary.
- To begin the exercise, count “one” to yourself as you exhale. The next time you exhale, count “two,” and so on up to “five.”
- Then begin a new cycle, counting “one” on the next exhalation. Count only as high as “five,” and count only when you exhale.
- You will know your attention has wandered when you find yourself up to “eight,” “12,” even “19.”
- Try practicing this exercise for 10 minutes.

This is for informational purposes only and is not intended as medical advice, nor should it replace the advice of a doctor. Exercise caution while performing these exercises. If you begin to feel dizzy or lightheaded stop the exercise and remain seated until you feel more stable. When you are ready to stand up, be sure to rise slowly. Additionally, we do not recommend that you perform these exercises while driving or operating heavy machinery.

Source: <http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>

Just Breathe

Optional Items for Purchase

- [Take a Deep Breath / Easy Office Stretches](#)
- [Your 60-Second Workstation Vacation / Stress Less at your Desk](#)
- [Reverse Stretching / Fast Break](#)
- Breathing apps for apple
 - » Whether you're a beginner or experienced user, the following apps can guide you through helpful breathing exercises.
 - » Each app offers both a free and "pro" (for fee) version that you may try.
- Breathing Zone—For iPhone and iPad
 - » Per their website, "Breathing Zone is a doctor recommended breathing exercise that can reduce stress and anxiety and improve your mood." Breathing Zone will count your breaths per minute, then visually and audibly guide you through a breathing exercise.
 - » The free version has a maximum session length of 5 minutes.
 - » Free Version: <https://itunes.apple.com/us/app/breathing-zone-free-relaxing/id416021553?mt=12>
 - » \$3.99 Version: <https://itunes.apple.com/us/app/breathing-zone-relaxing-breathing/id369838631>



Just Breathe

Optional Items for Purchase

- Paced Breathing—For Android products

- » Per their website, Paced Breathing “helps you improve your breathing by giving you visual, audio, and haptic (vibrate) breathing cues.”
- » The \$1.99 “Pro” version is ad-free and offers unlimited profiles, additional sound (female voice), and an additional color theme (dark).
- » Free Version:
<https://play.google.com/store/apps/details?id=com.apps.paced.breathing&hl=en>
- » \$1.99 Version:
<https://play.google.com/store/apps/details?id=com.apps.paced.breathing.pro>

