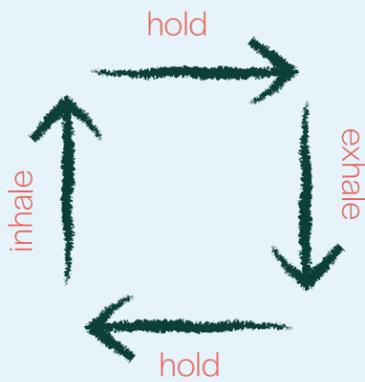


Breathing Techniques

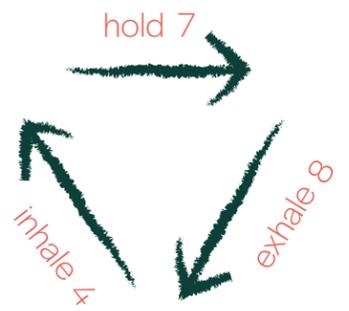
Box breathing

Repetition of inhaling, holding, exhaling and holding for equal counts of two, three, or four counts each.



4-7-8

Inhaling for four seconds, holding for seven seconds, and exhaling for eight seconds.



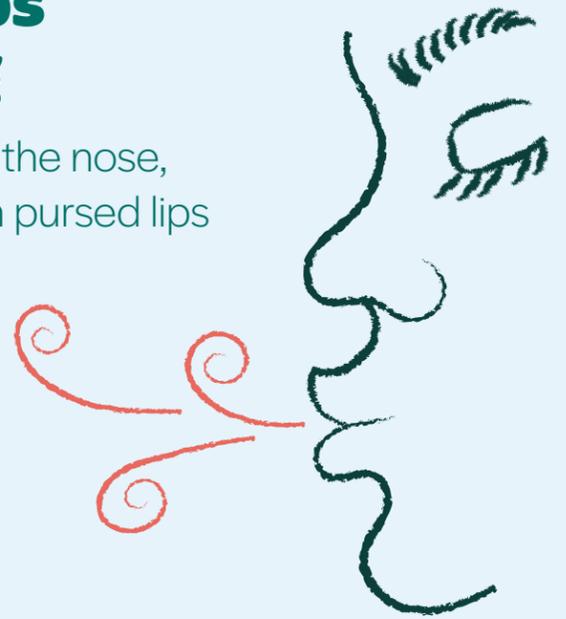
Belly breathing

Lie on your back with knees bent. Place a hand on your belly and a hand on your chest. Breathe in slowly through your nose, letting air in deeply so that your belly rises. Exhale through pursed lips. Repeat.



Pursed lips breathing

Inhaling through the nose, exhaling through pursed lips

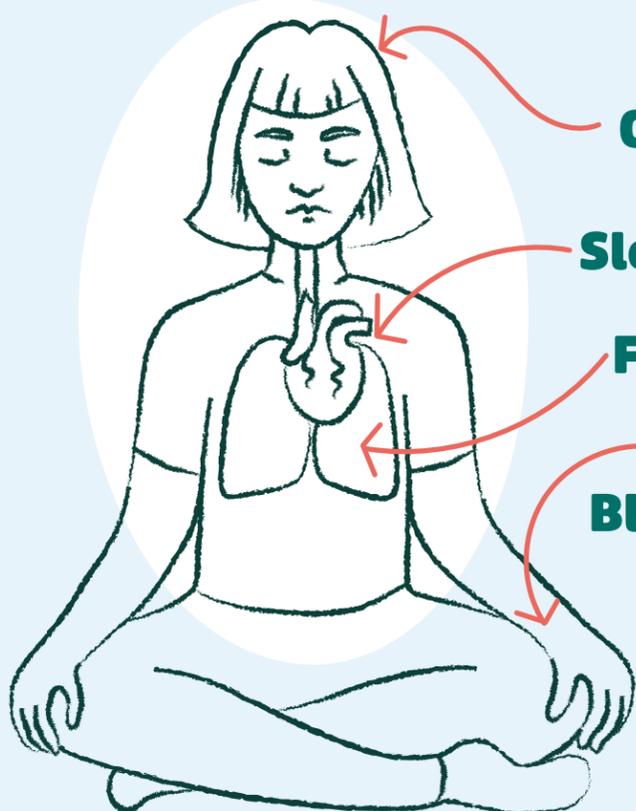


Alternate nostril breathing or Nadi Shodhana Pranayama

Using two fingers, one at a time, hold one nostril closed, while inhaling through the other, switch nostrils and exhale through the opposite one. Inhale again before switching, to exhale through the first nostril. Repeat.



Benefits of breathing practices



Quells Stress

Slows heartrate

Fresh Oxygen

Lowers Blood Pressure

By invoking the “relaxation response” through breathing we can calm our body’s fight or flight response. Deep abdominal breathing fills our lungs with fresh oxygen, and in turn slows our heartbeat and lowers blood pressure.

Other techniques to achieve the relaxation response:
Progressive muscle relaxation
Mindfulness meditation
Yoga, Tai chi and Qi gong
Guided Imagery

Sources



RAFT

Resilience for Advocates
through Foundational Training®

info@raftcares.org / www.raftcares.org / @raftcares