

## +breath play joi+ A MINDFUL BREATHING SCRIPT Veterans Affairs PowerPoint Presentation Breathing Strategies FOLLOW.

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Original URL: <https://tools.orientwatchusa.com/breath-play-joi.pdf>

Breathe in through your nose and out through your nose or mouth. Allow your breath to find its own natural rhythm

Bring your full attention to noticing each breath as it enters your nostrils travels down to your lungs and causes your belly to expand. Paced Breathing is a technique that can help to activate stress reduction mechanisms in the body by promoting a harmonious state between your respiration system and your heart.

The basic technique is to inhale for a count of 2-4 seconds and exhale for a count of 4-6 seconds. As you exhale, count to six. If you find this too difficult, you can adjust the timing to what works for you. Life is full of changes.

Notice how you react when things feel out of control and focus on the choices you can make. Using Your Breath Learn more ways to calm yourself in times of stress. Be Well. Box Breathing is a simple 4 step technique: Breathe in for 4, hold for 4, breathe out for 4, hold for 4.

Pause several times a day to do this, repeating for three cycles. Visit us at one of our next events to pick up your own Box Breathing sticker. When you first learn the diaphragmatic breathing technique, it may be easier for you to follow the instructions lying down as shown on the first page.

As you gain more practice, you can try the diaphragmatic breathing technique while sitting in a chair as shown below. Cue to release the breath and feel the energy of their heart expanding into the entire universe, shooting right out of their body.

You can also invite them to move their body in a way that feels good. When you experience an intense sensation to breathe, take a slow, controlled breath through your nose. Repeat this exercise until you can comfortably breathe in and out of your nose.

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