



Breathing Techniques

Tips & Tricks To Help You Relax

Learn to Relax Through Breathing: Start with these 6 simple tips:



4 x 4 Breathing Square Breathing

Breathing in for the count of four. Hold your breath for the count of four.



Relaxing Sigh

A simple way to create a visual hierarchy is to use different sized shapes in your mind map. Give high-level ideas bigger circles and supporting ideas smaller circles.

4-7-8

4-7-8 Breathing

Empty your lungs of breath. Inhale through your nose for the count of 4. Hold your breath for the count of 7. Exhale forcefully through your mouth with a whoosing noise for the count of 8.



Relaxing Sigh

As you inhale pull your shoulders up to your ears. Hold your breath. Sigh with a forceful exhale as you push your shoulders down.



Alternate Nostril Breathing

Use your right thumb to close your right nostril and inhale slowly through the left. Pinch your nose closed between your right thumb and ring finger, holding the breath. Take your right ring finger to close your left nostril and exhale through the right, inhale slowly again through the right nostril. Pinch your nose closed again. Open the left side and exhale, waiting a moment before you inhale again.



Lion Breath

Sit cross-legged or a kneeling position. Bring your hands to your knees, stretching out your arms and your fingers. Take a breath in through your nose. Breathe out through your mouth, allowing yourself to vocalize "ha." During exhale, open your mouth as wide as you can and stick your tongue out, stretching it down toward your chin as far as it will go. Repeat 6 times