

# Exercises to release tension, relax and re-generate

## Instructions:

## Breathing Exercises

### ***Yoga Breathing Exercise – The Complete Breath***

Here is a simple breathing exercise taken from Yoga and often referred to as The Complete Breath. (It's also a great exercise to perform shortly after you awake in the morning to give a boost to your day. The Complete Breath involves breath and movement and you will need to combine steps 2 and 3 together.)

**Step 1:** Stand with feet together and arms at your sides.

**Step 2:** Mentally count slowly to six as you breathe in. First fill your lower lungs with breath - you will feel your abdomen move outwards. Second, fill the middle part of your lungs - feel your lower ribs and lower chest move out (you may also feel your abdomen move inwards slightly). Finally, fill your upper lungs - your upper chest will rise.

**Step 3:** At the same time as you're inhaling perform these two actions:

- Raise your arms straight out to the side and continue until your hands meet overhead
- Raise your feet slowly so as to stand on your toes. Ideally, you should be on tip-toes just as your hands meet overhead.

**Step 4:** Hold your breath and your position for a count of six.

**Step 5:** Exhale to a count of six as you lower your hands and feet and return to your starting position.

**Step 6:** Repeat the cycle three more times.

### ***7/11 Breathing***

This breathing exercise allows you to exchange the stale air in your lungs with new clean air. It allows you to focus attention on your breathing and take a mindful moment to reflect on the present situation. It may make you feel light-headed.

**Step 1:** In a sitting position with your feet on the floor and your hands placed on your stomach, close your eyes and take a deep breath inwards through your nose to the count of 7 (or as close as you can get to 7). Feel your stomach enlarge as you breathe in.

**Step 2:** Breath out through your mouth to the count of 11 (or as long as you can – aim for longer than the in-breath). Repeat three times

### ***Slow Breathing App***

If you experience panic attacks on a regular basis it might be helpful to download a breathing app as a point of focus. By breathing in time to the app it slows your breathing to a more controlled pace and helps you to focus attention on breathing rather than the situation.