

A breath of self care

How do you breathe in a way that helps you reset, and that calms and restores you? A breath that can help activate your internal stabilising system, and that links you to your capacity. A breath that nourishes you.

Take a deep(er) breath

This is a good way to start things off and helps with how the breath helps you transition between states, and between activities. Notice it's only one breath, or maybe a couple. This is what you can do next. They are in order of priority.

Breathe evenly

Even out your breathing. This means breathing in the same amount you breath out. I often say to regulate your breath.

Breathe smoothly

A calming breath isn't forced, it has an ease and gentleness to it. Often what people find is that when they focus on breathing smoothly they start to slow their breath down. This, by the way is the next step.

Slow your breath

Research indicates that, ideally, a calming breath is 10 sec or longer duration. Breathe fully and comfortably.

So what if you're stressed and can't breathe in a calm way? Just breathe a bit more evenly, a bit more smoothly, and over time a little slower. These little bits helps to restore and build stability and calmness, even if your mind is still racing or fear and stress is surging through you.

As simple as a this breathing is, I find that rather than focusing on all the separate components, I just think about loosening my lower rib cage, letting it move in and out with ease as I breathe. For me, the evenness, smoothness, slowness, and fullness, follows without me really thinking about it.

Try putting your arm across the top of your belly with your hand on your lower ribcage. If your hand which is on your lower ribcage gently moves in and out, then you know you are breathing a wonderful self care breath.