

RELAXED BREATHING

Relaxed breathing is a simple approach to relaxation that involves breathing slower and deeper.

Involves focusing on easy, regular, and relaxed breathing.

One of the easiest approaches to trigger the Relaxation Response and allow your whole body to become more relaxed

Relaxed breathing involves the following:

Focus on taking slightly larger inhalations and exhalations of air each time you breathe.

Focus on a slow and easy inhalation.

Then focus on a slow and easy exhalation.

Don't hold your breath at the end of your inhalations or exhalations. Allow yourself to slowly shift from breathing in to breathing out.

Make each inhalation and exhalation just slightly slower and deeper. Allow yourself to become a little more relaxed with each and every breath.

Relaxed breathing is a normal and natural process, or don't try too hard. Just allow this process to happen naturally. There is not a perfect way to do this.

It is usually best if the exhalation is slightly longer than the inhalation.

Some people like to count to themselves as the inhale and exhale. For example, you might inhale and count to yourself "1...2...3...4" during your inhalation and then "1...2...3...4...5" during your exhalation.

Remember: don't try too hard to relax

Trying to force yourself to relax is like trying to force yourself to fall asleep

The harder you try, the less likely it is to happen.

It is best to just allow yourself to relax.