# MINDFUL BREATHING

Three methods of mindful breathing to help ground your body and mind.

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## STRESS PHASES

#### **Acute stress**

- Fast chest and mouth breathing
- Fight/flight-system on full speed
- Blood sugar levels high
- Digestion shuts down
- Immune system shuts down
- Cortisol sky-high
- Adrenaline sky-high
- Senses on edge

#### Maximum stress level



#### Fight/flight phase

- Unseen hyperventilation
- Hormonal, nervous imbalance
- Drains bodily resources
- Poorer food choices
- Symptoms, diseases
- Lower stress threshold
- Poorer nutritient uptake
- Imbalance blood sugar

#### High stress level

#### **Exhaustion phase**

- Fast, shallow breathing
- Irregular, chaotic breathing
- More serious diseases
- Multiple medications
- Unable to act, "freeze"
- Fast food, sugar, soda, caffeine
- Low on adrenaline/cortisol
- Need to eat often

#### Very high stress level



## **Conscious Breathing**

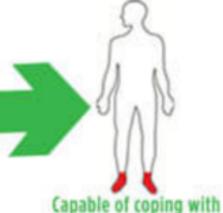
Fights to regain

The bods's resources These slides are not to be used for external purposes, without the permission of The Banyans Health and Wellness. Copyright

#### Recovery phase

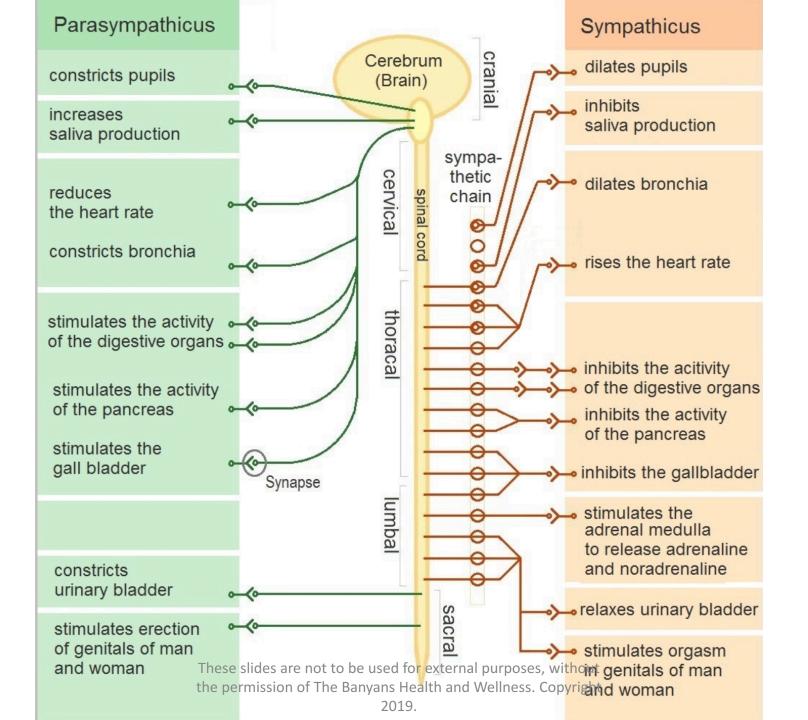
- Conscious Breathing
- Wise food choices
- Regular physical activity
- High energy levels, good sleep
- Immune system works optimally
- Good nutrition uptake
- High parasympathetic activity
- Hormone balance

Low stress level



high levels of stress

2019.



## 4 - 7 - 8 METHOD



Breathe in for 4 seconds.

Hold your breathe for 7 seconds.

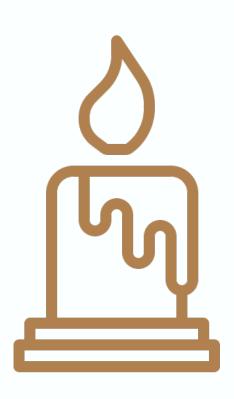
Breathe out for 8 seconds.

## ROLL METHOD



Place one hand on your chest and the other on your belly. Breathe so that your belly hands raises, and you chest hand stays still.

## **CANDLE VISUALISATION**



Imagine a candle.

Breathe gently as to make the candle flicker, but not go out.