

Breathing and Relaxation.

Breathing happens automatically and yet we can control it.



When we breathe well, we feel good. Breathing too little - or too much - makes us feel not so good.

Happily, there is a part of the brain - the brain stem - that will look after our breathing perfectly, if we will let it.



The brain stem will even match our breathing with our heart rate and other things, if we let it.



So what do we do?

It is very easy. All you do is to observe your breathing, and not try to change it.

You will find that it changes by itself. Sometimes deep, sometimes not. Sometimes pauses in between breaths, sometimes not.

Just let your breathing do what it wants. Sit back and watch it happen.

How often?

At least once a day.
Probably not more than three times a day.



How Long?

About 5-10 minutes each time.

When you first try it, do it when you're fairly calm already. That way you get really good at it.

Discussion

- Have you ever had your breathing get out of control?
- What benefits do you hope for by doing this exercise?
- How easy will you find this exercise?

Project

Try out this breathing exercise.
Do it up to three times a day. 5-10 minutes each time.

Note. There is an audio about breathing available to you in MoodMaster Free Resources.

Mythbuster

It is not true that 'the more air you breathe in the better'.

The best amount of air is the right amount. Either more or less is not so good.