

Breathing Exercises/ Progressive Relaxation/ Guided Imagery

The benefits of Breathing:

- Natural Painkiller
- Improves blood flow/lowers heart rate
- Improves immunity
- Calms down anxiety
- Increases energy level
- Improves posture
- Reduces inflammation
- Detoxifies the body
- Stimulates the lymphatic system
- Improves digestion
- Reduces stress levels
- Connect mind and body
- Improve our sense of well-being
- Teaches the skill of relaxation

Chest Breathing vs. Belly Breathing

Throughout the day we breathe in different ways. Two of the most common are chest breathing and belly breathing. We are usually chest breathing when we are exercising or sometimes when we feel anxious. If we constantly chest breathe, it makes our body tense because it activates upper chest muscles increasing feelings of anxiety. Belly breathing, however, activates the Vagus nerve that will trigger a calming sensation and decreases anxiety that chest breathing can induce. By becoming more aware of our breath patterns through the day, we can positively affect our health and feeling of well being.

Breathing techniques can be done anywhere...at anytime! You can pick and choose what techniques work best for your child, and you.

How-to practice breathing / Exercises to improve breathing techniques

- Belly Breathing (use props if needed...like a stuffed animal)
- Roll Breathing
- Breathing with visuals- lazy 8 breathing, star breathing
- Flying Bird Breath

Types of Relaxation

- Progressive Relaxation-script online
- Tense and Relax-script online
- Guided Imagery-script online