

Breathing and Relaxation Exercise: Finding Peace in a Frantic World

Remove shoes if possible – sit up nice and straight– lower back to the back of the chair, legs uncrossed, feet flat on the floor, lengthen spine and relax your shoulders until your head sits naturally balanced well on your neck making your chin parallel to the ground. Arms hanging by sides or gently place hand in your lap.

Allow your eyes to close or lower your gaze- so it falls unfocussed a few feet in front of you.

Breathe slowly – in nose out through mouth. Take a few calming breaths - start to release the tension.

Imagine a battery symbol like on a mobile phone when it's in need of charging – if yours looks a little flat start to imagine it charging up

Bring the focus to your feet – focussing on the physical sensation of them touching the floor – wriggle the toes – expand to the soles and top of the feet. Place them back down flat.

Start to allow energy to move up your body - Come up to your knees– as you go releasing the tension, breathing in deeply to oxygenate and watching the battery symbol gradually showing more power.

(Some people like to just imagine a colour moving through them – green for peace – red for energy)

Deeper breathe and exhale taking the attention up to the waist – keeping attention on what you are feeling – connection to the base and back of the chair - and releasing any tension as you go.

Now bring your awareness back to the breath as it moves in and out of the body at the abdomen – rising and falling. BREATHE OUT THE TENSION

Place hand here if you wish. Follow the attention - When your mind wanders just register it - don't get cross, just escort it back to the breath and where you are physically

The breath is always available to you to help bring you back into the moment – when your mind is scattered and dispersed it provides an anchor, a place of calm stillness and peace. A quiet mind is better than a positive mind that is always busy. When you feel peace other things around you cease to feel hostile.

5 mins relaxing breathing can leave you alert and energised.

Think of that BATTERY – watch the symbol – 2/3 bars now?

Take a deeper in breath and exhale and move attention up the torso to the shoulders - again relaxing tension, relax the shoulders and hands on lap. Shrug up as high as you can and whoosh them down as low as you can. 8 times

CHEST STRETCH – clasp hands behind you and reach up to feel a stretch across the chest and easing back of shoulders. Relax back and return arms to your sides/front



Forearms -Take the attention down the arms to relax the hands and fingers. Let wrists and fingers go sloppy and circle each hand 10 times each way – reduce strain.

Take energy back up the arms to the shoulders – releasing the tension – have a jiggle – roll the shoulders,

Keep breathing nice and deeply and feel the flow of relaxation up into the neck and the face – relax your jaw.

Neck – rolls/tilts - tension from looking at screens and using mobiles.

Keeping good posture turn head to the left and feel stretch on the right side of the neck as you look over your left shoulder – don't force just go as far as is comfortable . Hold for count of 5 – then turn to the opposite side looking over your right shoulder and feeling the stretch on the left hand side neck – hold for a count of 5 Repeat

Return to centre slowly draw chin down to chest to relax your upper spine and back of neck. Move head slowly to left shoulder and then right shoulder in a semi-circle. Repeat

Lift up head to sit comfortable on the top of your spine.

Take a big deep breath and breathe out and allow last lingering feelings of tension/fatigue to float out the top of your head as the final square of energy fills up on your battery symbol. Check, and feel the energy move right up through to the top of the head.

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Now take a big deep breath and stand up - stretch up nice and tall

STRETCH AS HIGH AS YOU CAN – and HIGHER THERE IS ALWAYS MORE

Arms down. Shake yourself out and open your eyes. Take a moment to enjoy feeling relaxed and energised before continuing with your day.

SMILE FEEL ENERGISED – maybe walk around – or run upstairs if possible – helps circulation.

OTHER EXERCISES you could incorporate -

FULL BODY and SIDE BEND

Lower Back - slump forward in the chair with arms hanging loosely down –let arms sway

CALF STRETCH and ankle circles

Calves – while sitting, march on spot – bring knees up in turn and toes flexing the feet to feel a slight stretch in the calves. Good for circulation.