

Regulated Diaphragmatic Breathing* **

Diaphragmatic Breathing is a simple and effective relaxation technique. Breathe control means energy response control, so use it whenever and wherever you feel the need. Become aware of your breathing in different situations and adjust it to help you maximize calming and controlling your energy.

When you practice diaphragmatic breathing you will discover that rhythmic deep breathing has a calming effect on the entire body and mind. Lets take this simple realization technique a step further.

Inhale and Exhale While Counting

Sit comfortably in a chair with your back straight, and chin slightly tucked in. Feel tall and plant your feet firmly on the ground. Begin to breathe diaphragmatically. Your shoulders should remain still and relaxed. Your tummy should extend as you inhale (place your hand on your stomach to check). On the exhalation let all tension drain from your body. If you have trouble exhaling fully, pretend you're passing out every last bit of air / energy. Begin to count slowly while you inhale, then exhale for the same number of counts.

Increase Your Count by One

One each third breathe increase the count by one. You will probably start to between two and five counts per inhalation, depending on your speed of counting. Slowly and steadily. Keep adding a number every three breathes until you feel that you have reached a maximum number without straining. Breath at this number as long as you feel comfortable. Slowly bring your breathing pattern back to normal, probably deeper than before and notice how your body and mind feel.

Addressing Poor Concentration

If you find that your concentration is poor close your eyes and see numbers in your mind as you say them to yourself. If thoughts continue to cross your mind let the thought be heard then let it pass as you bring your mind back to the process of counting. This exercise will improve your concentration.

From: **Imagine Yourself... Energy Management for Kids**
Helping Kids (and Adults) Learn Key Skills for Life!
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* **WARNING: Do Not** operate any type of equipment when practicing this exercise.

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