

Focussed/Slow Breathing

Short, shallow breathing is common, but an unhelpful response to stress. It can result in changes with carbon dioxide levels in the body and can lead to an increased heart rate, dizziness, muscle tension and other physical sensations. A breathing technique that may be a useful method of relaxation is breathing slowly and regularly and taking sufficiently deep breaths. Muscle tension and some of the physical symptoms you experience will settle.

Relaxation techniques always involve clearing your mind of all thoughts and doing meditation breathing techniques. It is the total focus on the breath that enables you to let go of any thought you may have and relax your mind and body so you can rejuvenate and heal. Most people feel refreshed after a good session of meditation breathing techniques if done correctly.

Explore the links below for more information and techniques to practice for relaxation and focused slow breathing exercises to suit you.

Useful Links and Resources:

<http://www.buddhanet.net/audio-meditation.htm>

<https://www.blackdoginstitute.org.au/about-us/publications-and-resources/fact-sheets>

<http://healthland.time.com/2012/10/08/6-breathing-exercises-to-relax-in-10-minutes-or-less/>

http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm#breathing

<http://www.livingwell.org.au/mindfulness-exercises/7-external-world-and-breath/>

<http://www.innerhealthstudio.com/what-is-relaxation.html>

http://www.project-meditation.org/htm/meditation_breathing_techniques.html