

TASK 4

Stress affects the nervous system, especially the hypothalamus and pituitary gland, and mobilises the body for the "fight or flight" response. All this makes us instinctively accelerate our breathing to ensure a minimum of ventilation with decreasing respiratory capacity.

People living under stress usually stay for long hours on the "inhale" phase and are unable to "exhale".

Breathing techniques teach that the breath is a powerful source of health and peace. Even one deep breath can bring immediate relief in times of stress. We often use it subconsciously, e.g., by instinctively yawning.



Breathe through the diaphragm, that is, so that the air "fills the belly".

Abdominal (diaphragmatic) breathing makes the breath lengthen, deepen and slow down. Focusing on the breath allows us to live in the moment to be "here and now".

This is very important, especially in the rush of things and when we are constantly busy with what was or what will be.



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1 Stand behind the chair with your feet slightly apart, rest your hands on the chair. Inhale through your nose, then half-squat, and then do a long exhale through your mouth. The exhalation should last about 3 times longer than the inhalation. Repeat 3 times.

2 Stand behind the chair with your legs slightly apart, rest your hands on the chair. Inhale through your nose, and exhale through your mouth, turn your entire torso and left arm to the left. After you've done this, change direction. Repeat 3 times per side.

3 Lie down on your back with your legs bent. Place one hand on your stomach and the other on your chest. Inhale through your nose, but in a way that only your belly rises. Exhale through your mouth, remembering that it should last about 3 times longer than inhaling. The hand placed on the chest should remain still at all times. Repeat 3 times.

4 In the same position as above, put a matchbox on your stomach instead of your hand. Place your other hand on your chest. Inhale through your nose so that only the belly with the matchbox rises. Repeat 3 times.

5 Lie on your back with your arms crossed behind your head and your legs bent. Inhale through your nose so that your belly rises, then exhale through your mouth - your belly will then fall. Repeat 3 times.



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Sit cross-legged on the floor preferably on a pillow (when a pillow is unavailable at this moment, sit on your hands under your buttocks). Straighten your back. Inhale through your nose (abdomen goes up) and exhale through your mouth (abdomen falls). Repeat 3 times.

7

Kneel in front of the chair, rest your hands on the back of the chair. Inhale through your nose (abdomen goes up) and exhale through your mouth (abdomen falls). Repeat 3 times.

Set aside 10 minutes a day for these exercises. You can choose to do the exercises that help you relax the most.

