

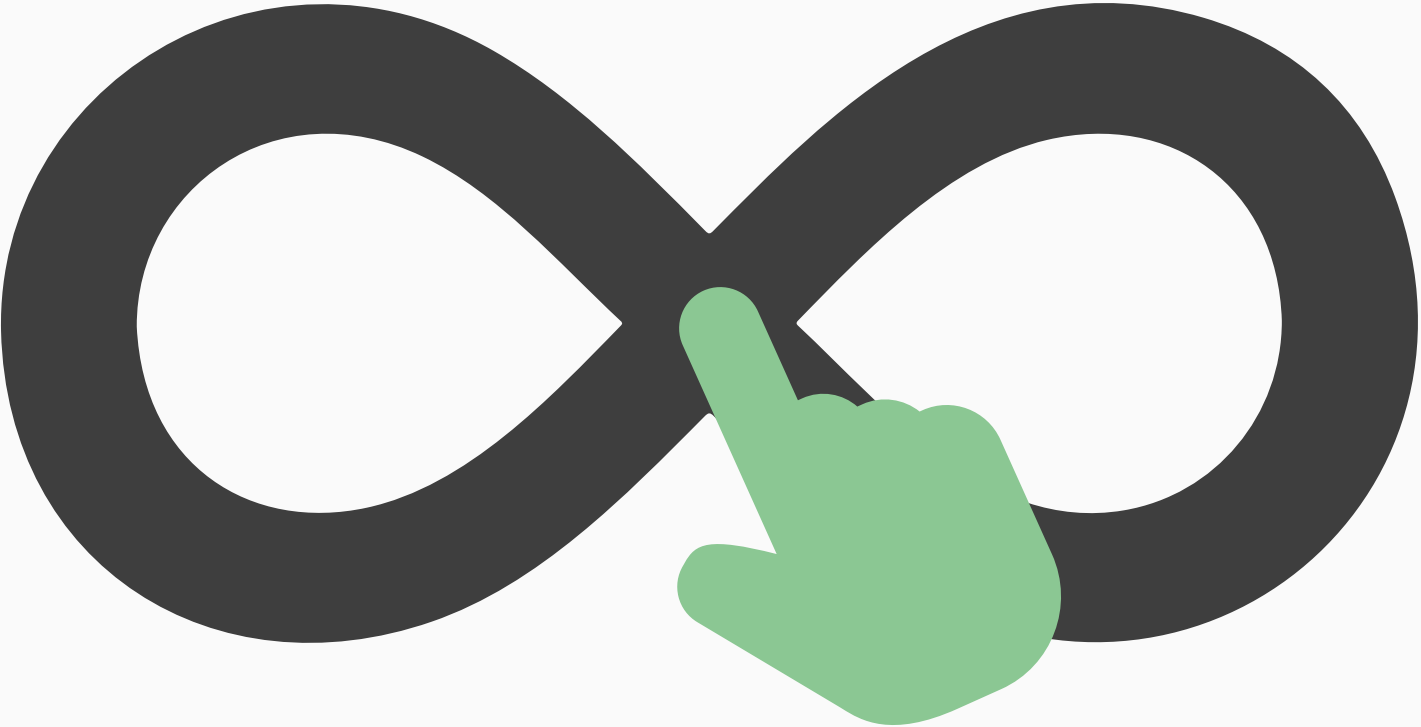
Breathing Techniques

While it sounds overly simple, it activates the parasympathetic nervous system, which starts the body's relaxation response. In addition, it helps lower your heart rate and blood pressure, which usually correlates with the adrenaline rush from stress.

types

- Infinity Method
- Box Method
- Rainbow Method
- Spiral Method
- Candle Method
- Warm Drink Method





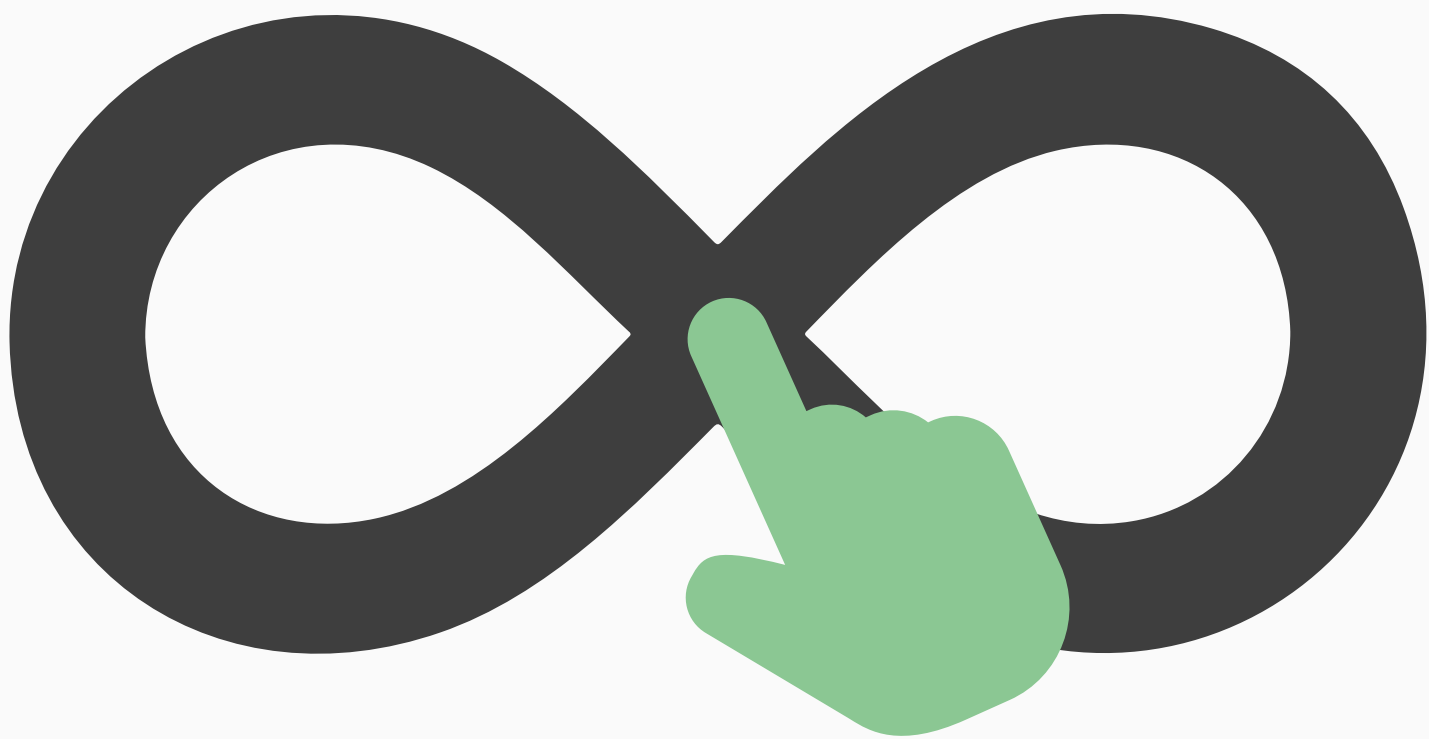
The Infinity Method

breathing technique

the infinity method works by guiding the amount of
air you inhale and exhale

you can practice this method by tracing an infinity
symbol and breathing in accordance to it

this means reaching the “peak” of your inhale and
exhale at each rounded end



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breathe in

h
o
l
d

h
o
l
d

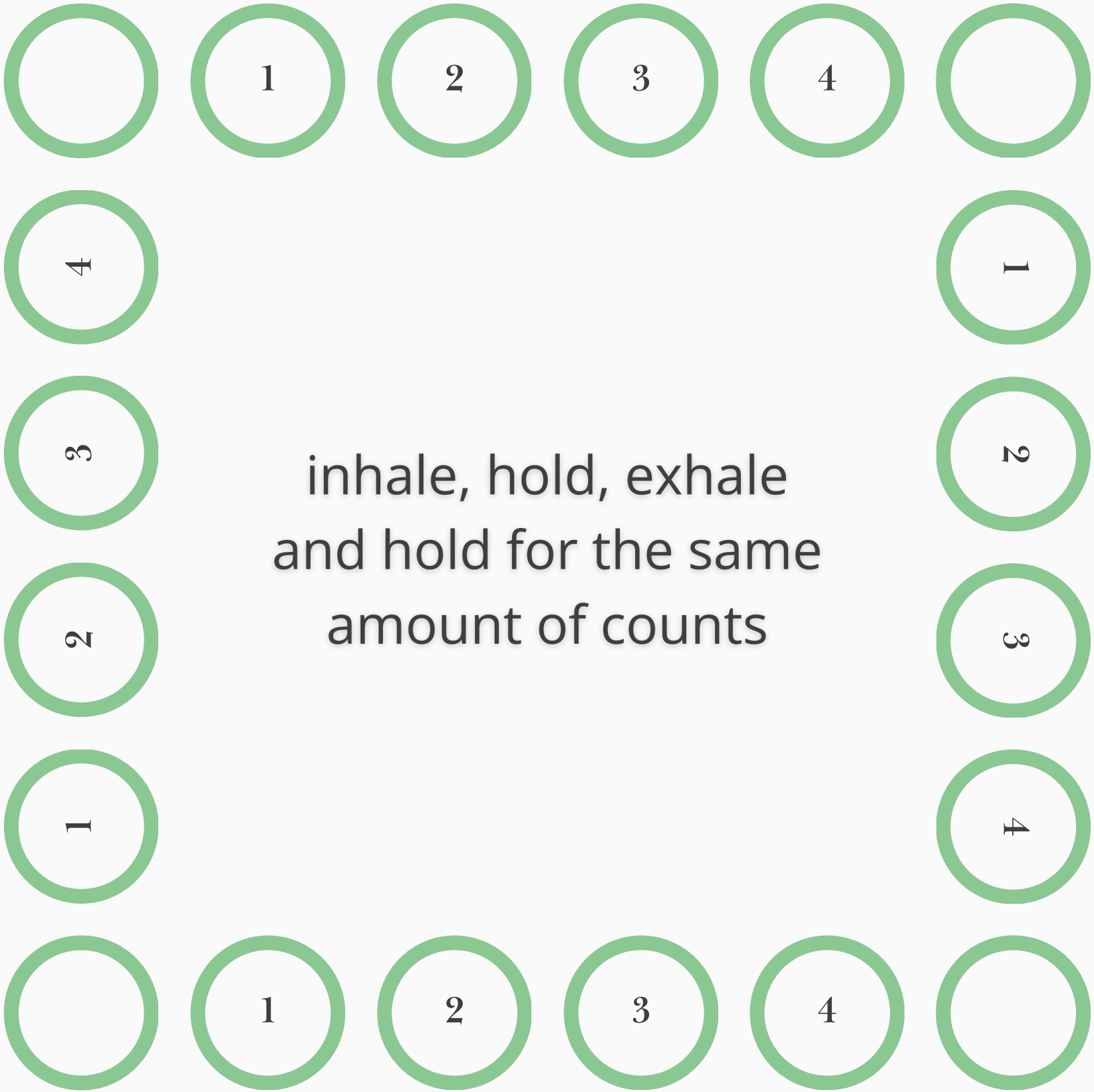
breathe out

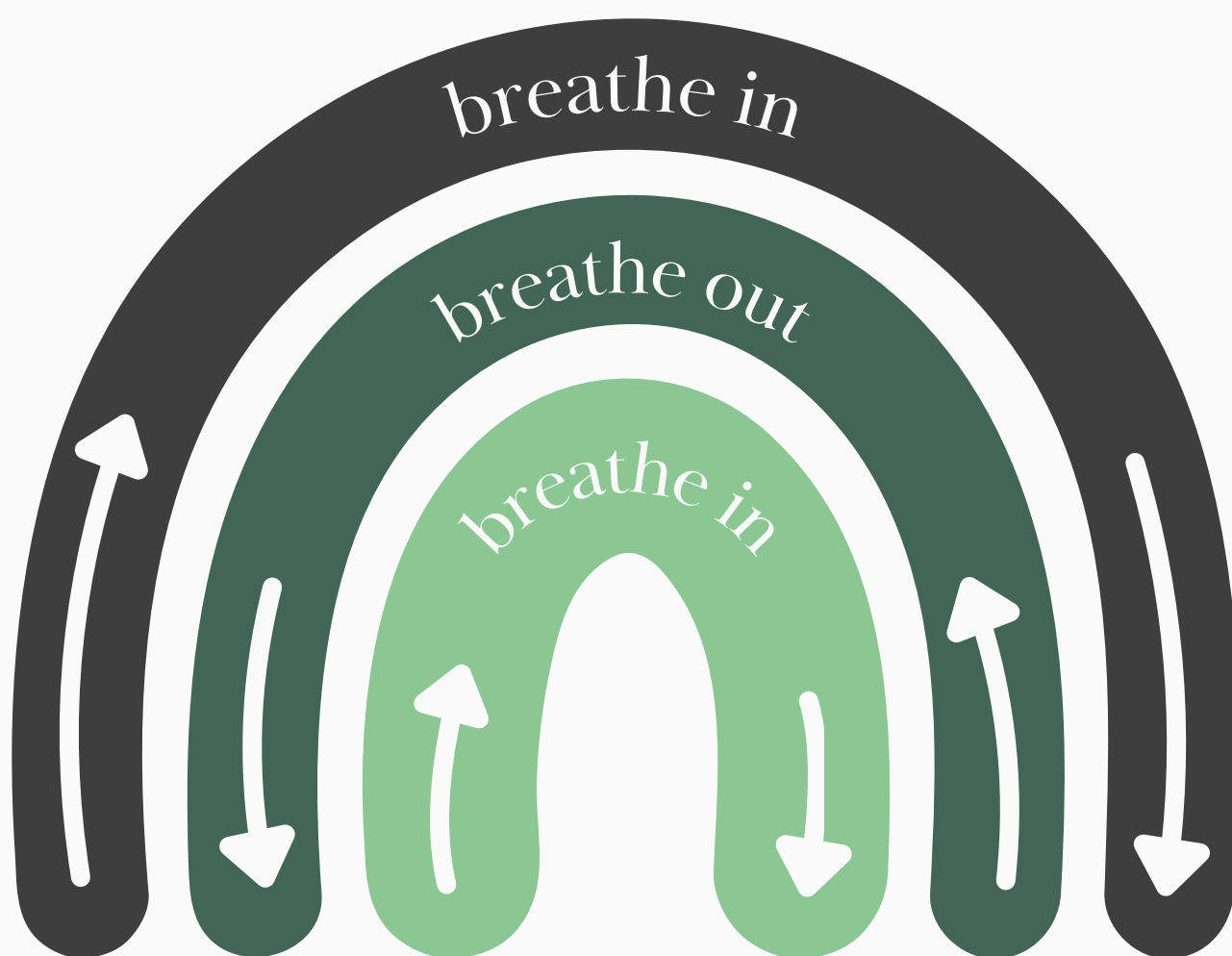


Square Breathing

breathing technique

square breathing, also known as box breathing, centers around an even breathing system to relieve stress



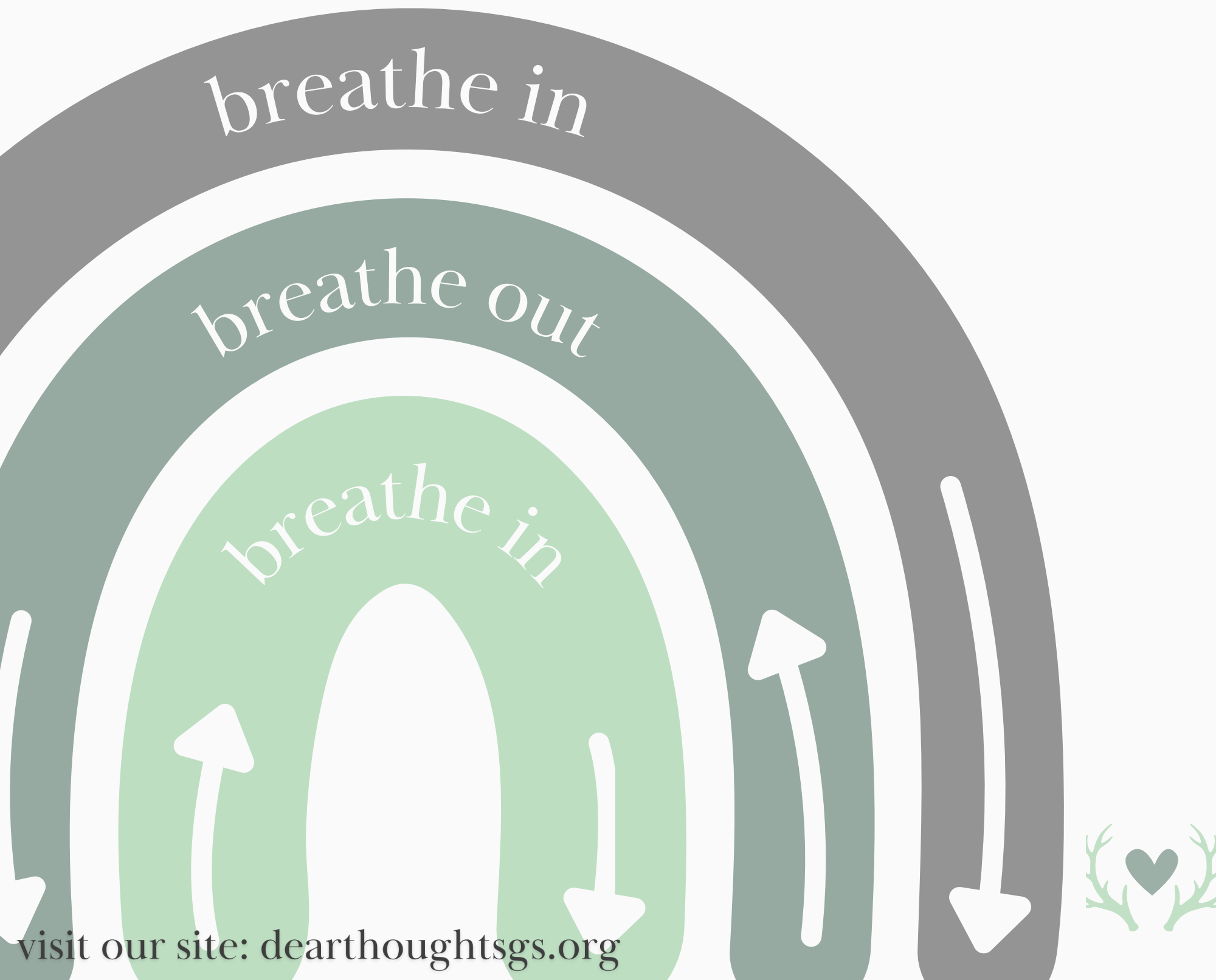


Rainbow Breathing

breathing technique

rainbow breathing helps you slow down your breath intake, which reduces stress

inhale and exhale to the arrows on the rainbow. optionally, you can trace them



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Spiral Breathing

breathing technique

all you need to do this
technique is paper and a
writing utensil



slowly inhale as you
draw a tight spiral
from the center
outward



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