

MINDFUL BREATHING

Pause... Breathe... Think

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The logo features the words "ICE" and "BREAKER" in a bold, dark blue, sans-serif font. The text is centered on a light blue background with a cracked, ice-like texture. The entire graphic is contained within a rounded rectangular frame with a dark blue border and a subtle glow effect.

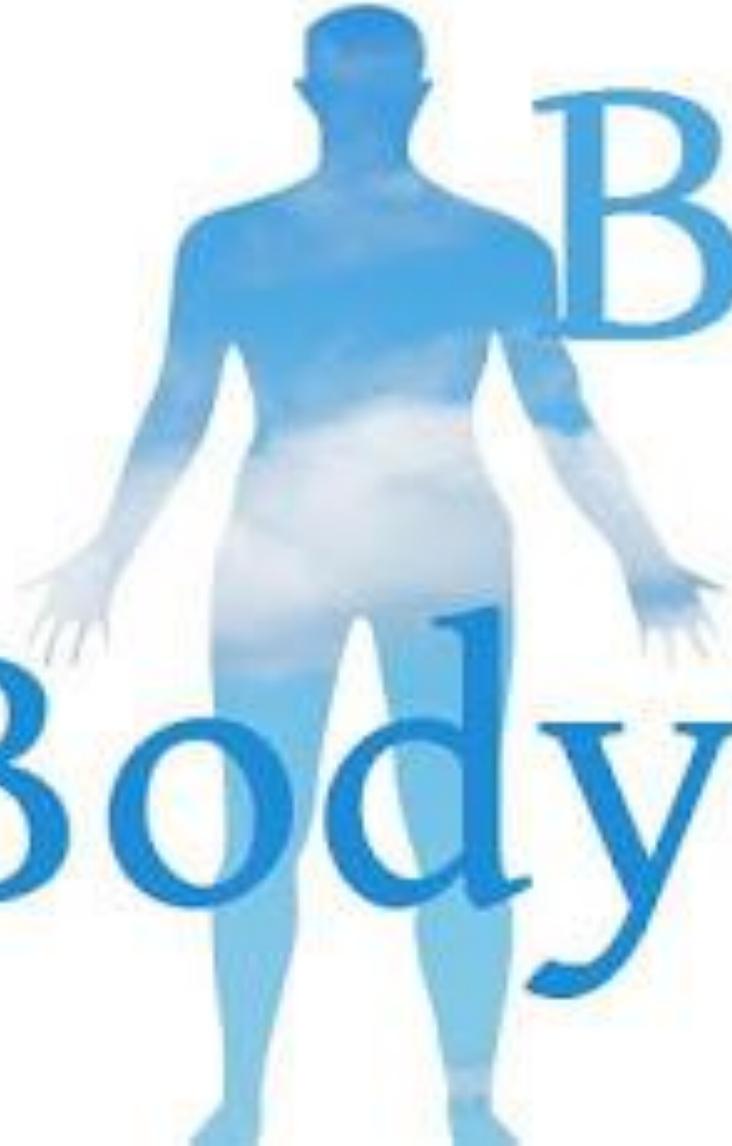
**ICE
BREAKER**



LEARNING OBJECTIVES

- **Define the context of Mindful Breathing**
- **Why Mindful Breathing Matters: Research Findings**
- **Importance and Benefits of Mindful Breathing**
- **How to Practice Mindful Breathing at Work (Breathing Techniques)**
- **Application of Mindful Breathing**

ACTIVITY



BodyScan

BodyScan

A Mindfulness app from WOOWOOWO

PROCESSING

- What was body scan like?
- What did you notice?
- What were you thinking or feeling during this activity?
- Were you able to just notice, without judging how you were feeling or without wanting to change anything?
- Is your body saying something to you? What do you think it is?





When was the last time you had this moment?

MINDFUL BREATHING

Pause... Breathe... Think





MINDFUL BREATHING

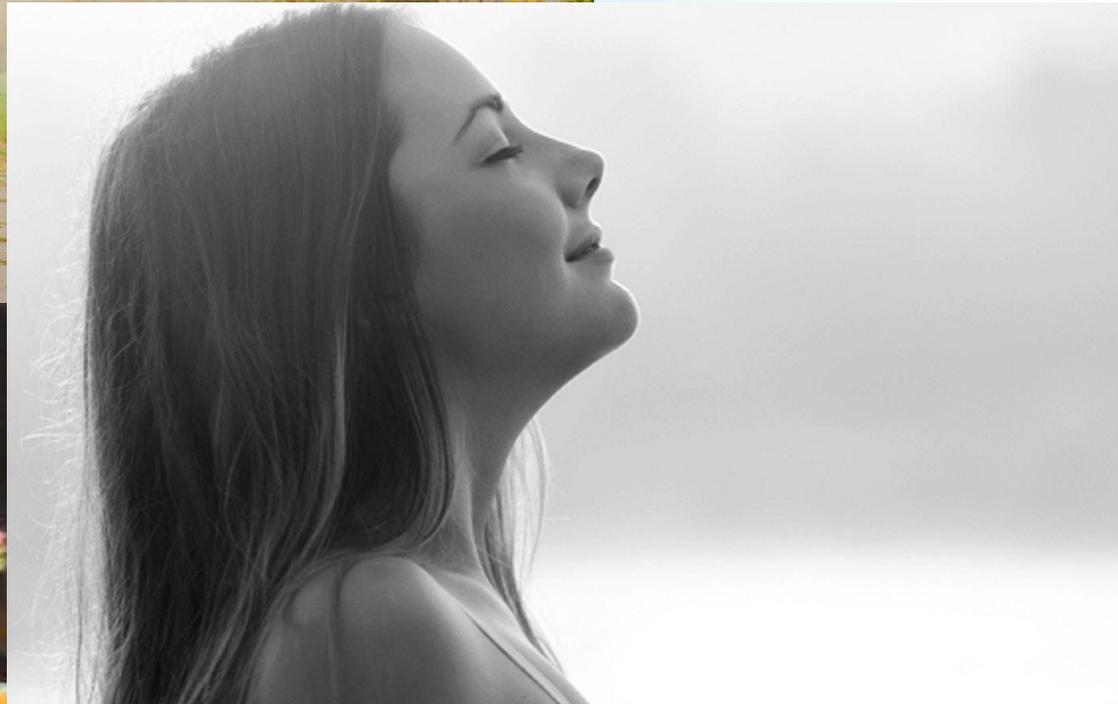
Being mindful of your breath simply means observing and opening your awareness to your breath: to your breathing in and your breathing out, without controlling or judging it in any way: letting it be



**MINDFUL
BREATHING**

**Attention
Presence
Intention
Openness**

TYPES OF MINDFULNESS



Why Mindful Breathing Matters?



ACADEMIC



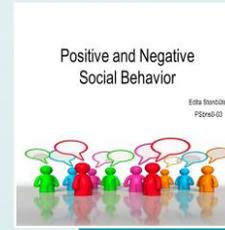
- Improvements in cognitive performance, school self-concept, and engagement
- Greater attention
- Reduction of anxiety in high-stakes testing

MENTAL & BEHAVIORAL HEALTH



- Decreases in stress levels, emotional over excitement and depression symptoms
- Increase in emotional well-being and self-compassion
- Lower self-harm

SOCIAL BEHAVIOR

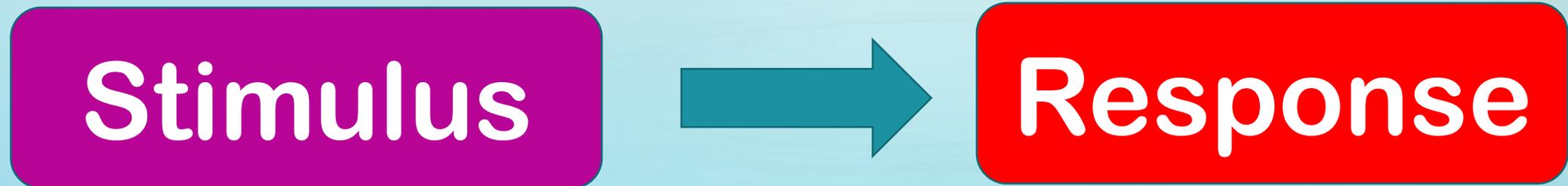


- Healthier responses to difficult social situations
- Reduction of implicit bias
- Increases in compassionate responses to others in need

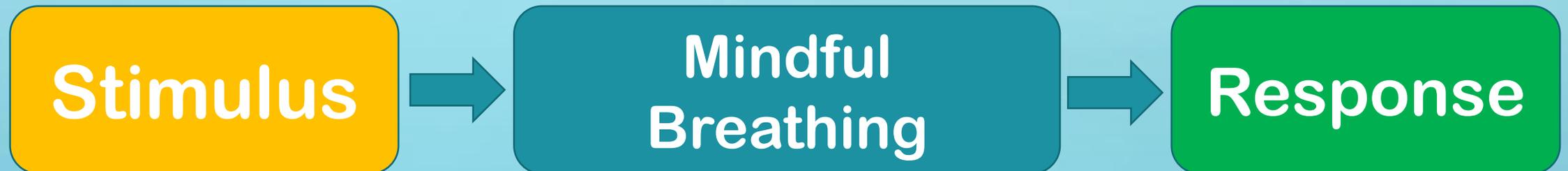
Mindful Breathing and Reactivity

Mindful Breathing creates space, changing impulsive reactions to thoughtful responses

Without Mindful Breathing



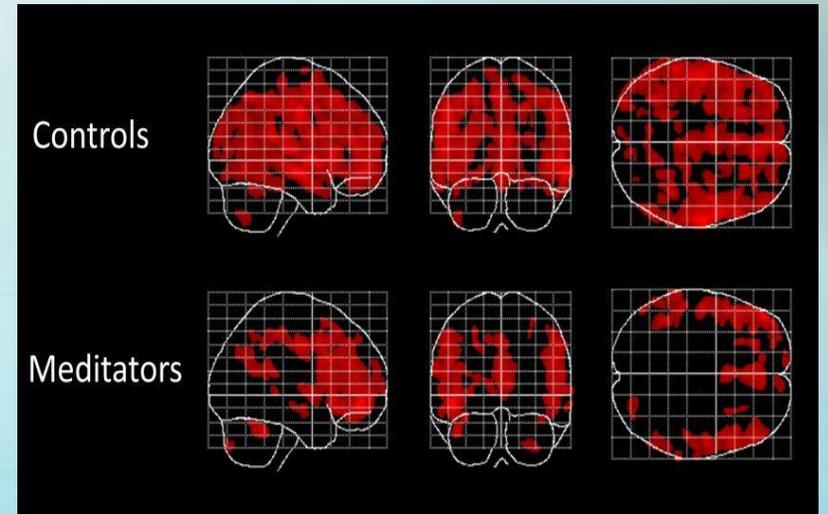
With Mindful Breathing



Breathing Meditation Can Actually Change The Brain

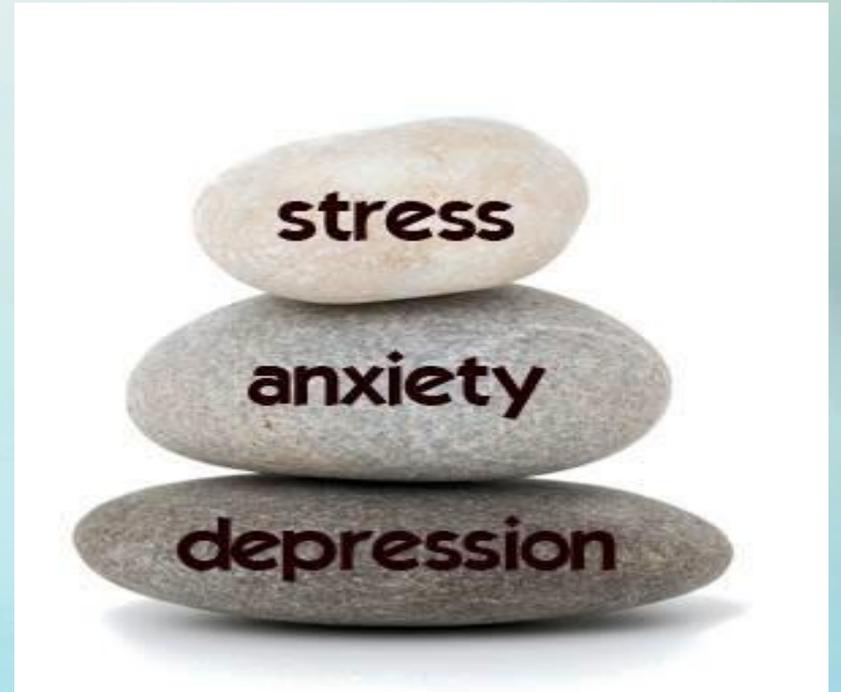


- A study from UCLA found that long-term breathing meditators had better-preserved brains than non-meditators as they aged. Participants who'd been practicing mindful breathing for an average of 20 years had more grey matter volume throughout the brain — although older meditators still had some volume loss compared to younger meditators.



**Breathing
Meditation Helps
Preserve the
Aging Brain**

- A review study last year at Johns Hopkins looked at the relationship between mindfulness breathing and its ability to reduce symptoms of depression, anxiety, and pain.
- Researcher Madhav Goyal and his team found that the effect size of breathing meditation was moderate, at 0.3. If this sounds low, keep in mind that the effect size for antidepressants is also 0.3, which makes the effect of breathing meditation sound pretty good.



**Its Effects Rival
Antidepressants for
Depression, Anxiety**

- In 2011, Sara Lazar and her team at Harvard found that mindfulness breathing meditation can actually change the structure of the brain: Eight weeks of Mindfulness Breathing -Based Stress Reduction (MBBSR) was found to increase cortical thickness in the hippocampus, which governs learning and memory, and in certain areas of the brain that play roles in emotion regulation and self-referential processing.



Meditation May Lead to Volume Changes in Key Areas of the Brain

- One of the central benefits of meditation is that it improves attention and concentration: One recent study found that just a *couple* of weeks of breathing meditation training helped people's focus and memory during the verbal reasoning section of the GRE.



**Improves
Concentration
and Attention**

- Melnychuk and his colleagues show how controlled breathing affects levels of neurotransmitter called noradrenaline, a “stress hormone” that can cause our hearts to beat faster and our pupils to dilate when we are excited.

- Our attention is influenced by our breath and that it rises and falls with the cycle of respiration. By focusing on and regulating your breathing you can optimize your attention level



**Resilient to
Stress**

MINDFULNESS

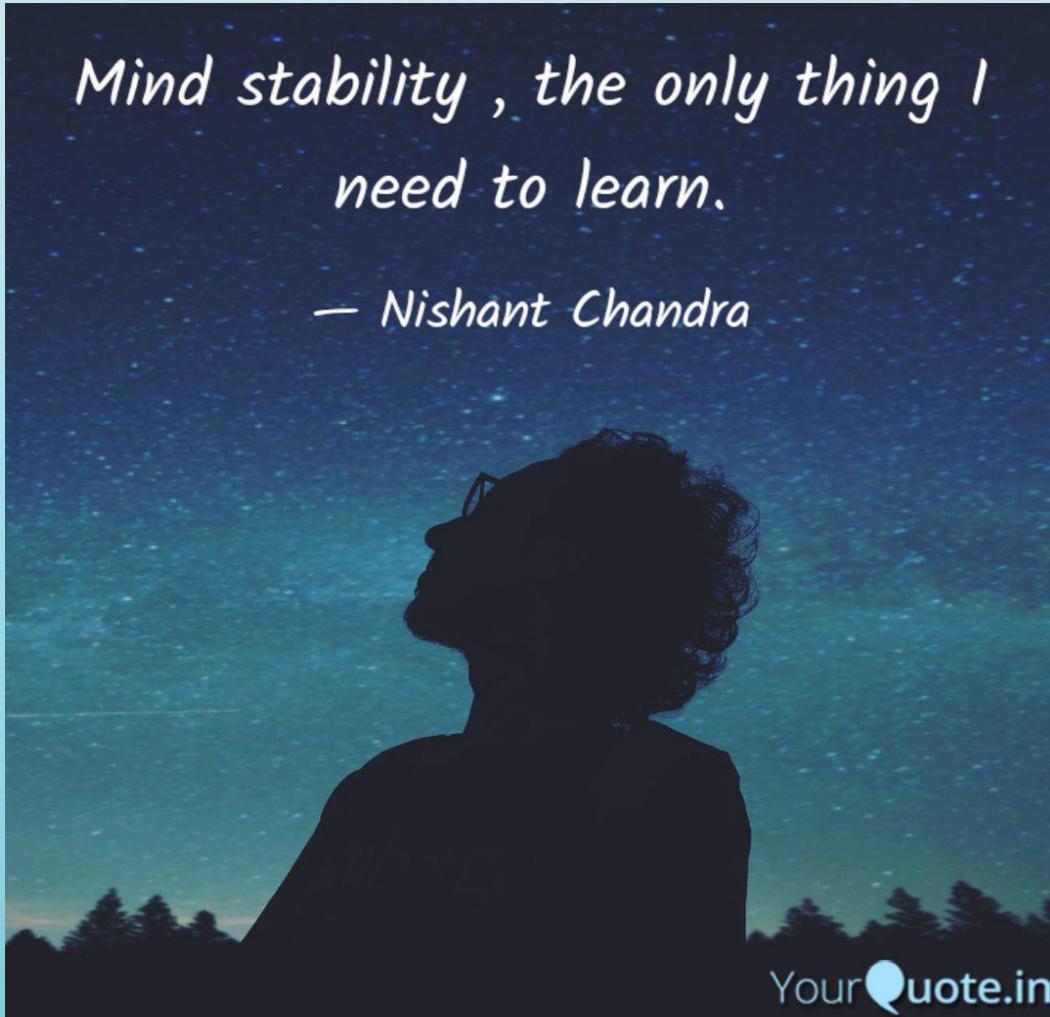
Benefits of Mindful Breathing

Starting a Formal Breath Practice

STABILITY OF MIND

*Mind stability , the only thing I
need to learn.*

— Nishant Chandra



YourQuote.in

- Maintaining your mind in an alert clear space rather than at the two extremes of a dull or agitated mind

FLEXIBILITY OF MIND



- The ability to shift your mind to whatever object you choose, rather than having it bounce haphazardly between a number of issues

SELF-AWARENESS

4 FACETS OF SELF-AWARENESS



1. LEADERSHIP
WISDOM



2. LEADERSHIP
IDENTITY



3. LEADERSHIP
REPUTATION



4. LEADERSHIP
BRAND

- Being aware of the contents of your mind and understanding the typical patterns of your mind

ACTING RATHER THAN REACTING

**Practice
the pause.**
**When in doubt,
pause. When
angry, pause.
When tired,
pause. When
stressed, pause.
And when you
pause, Pray.**

- Becoming less reactive, e.g. When you are angry and choosing how you will act.

Mindful Breathing

- 1 Choose a “down time” location, like the subway, in the shower, or making a meal.
- 2 Shift your focus to your breathing, and pick a single aspect to focus on.
- 3 Spend at least 5 minutes in this state of awareness.



HOW TO PRACTICE MINDFUL BREATHING AT WORK

Health Benefits:

- Reduced stress
- Increased relaxation
- Reduced blood pressure

Why it works to reduce stress:

Focusing on a single sensation can help to still a racing mind.

Taking deep breaths can increase a sense of calm and contentment. When people experience anxiety, they take quick, shallow breaths. When feeling calm, breathing slows, and blood pressure and heart rate drops.



BREATHING EXERCISES

Reduce Stress, Improve Sleep & Relieve COPD

PURSED LIP BREATHING

PURSED-LIP BREATHING

To Manage

SHORTNESS OF BREATH



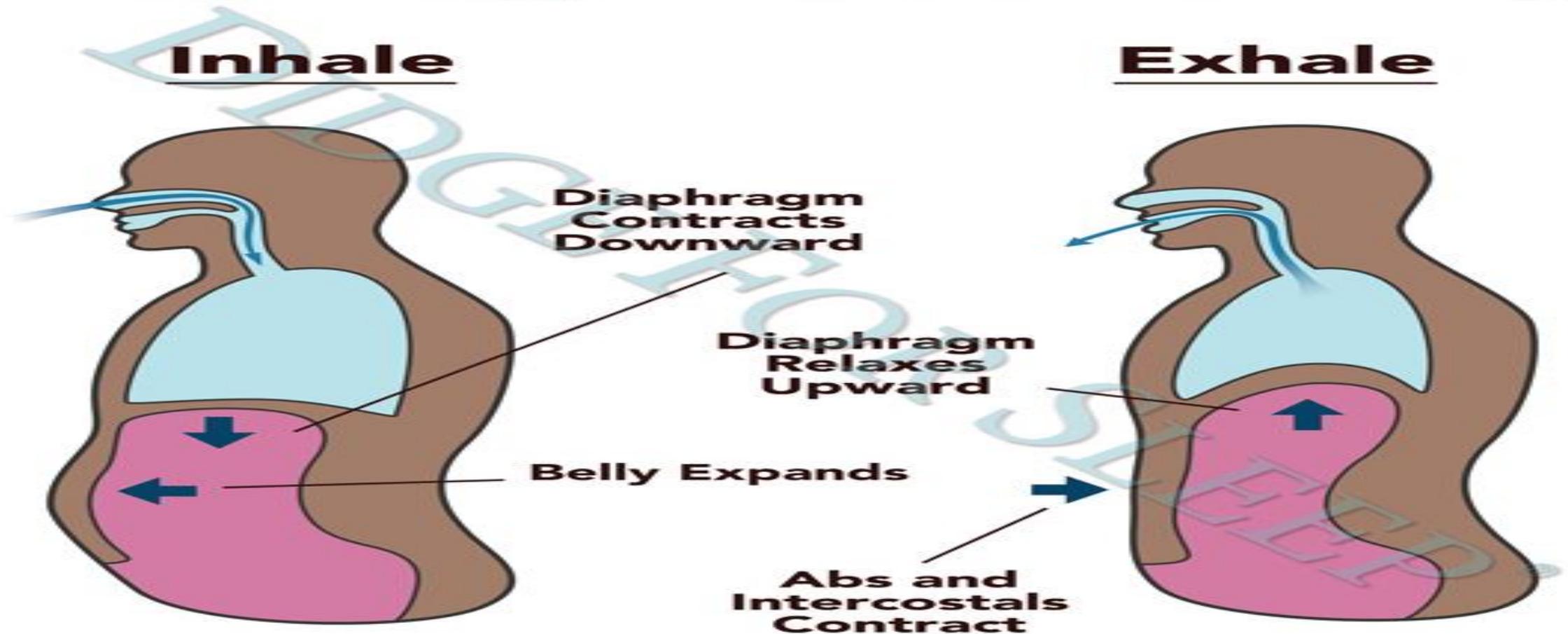
EXERCISE TO EASE SHORTNESS OF BREATH



- 1 Sit comfortably & relax your neck and shoulder muscles.
- 2 Keep your lips pressed together tightly, except the center.
- 3 Inhale for a couple of seconds through your nose.
- 4 Exhale slowly & gently through your pursed lips while counting to 4.
- 5 Continue to inhale & exhale for another 10 minutes.

DIAPHRAGMATIC BREATHING

Diaphragmatic Breathing



DIAPHRAGMATIC BREATHING

- Lie on your back with your knees slightly bent and your head on a pillow.
- You may place a pillow under your knees for support.
- Place one hand on your upper chest and one hand below your rib cage, allowing you to feel the movement of your diaphragm.
- Slowly inhale through your nose, feeling your stomach pressing into your hand.
- Keep your other hand as still as possible.
- Exhale using pursed lips as you tighten your stomach muscles, keeping your upper hand completely still.

BREATH FOCUS TECHNIQUE



FOCUSED BREATHING

Reduce Stress and Boost Concentration with a
Simple Breathing Exercise

BREATH FOCUS TECHNIQUE

- Sit or lie down in a comfortable place.
- Bring your awareness to your breaths without trying to change how you're breathing.
- Alternate between normal and deep breaths a few times. Notice any differences between normal breathing and deep breathing. Notice how your abdomen expands with deep inhalations.
- Note how shallow breathing feels compared to deep breathing.
- Practice your deep breathing for a few minutes.

BREATH FOCUS TECHNIQUE

- Place one hand below your belly button, keeping your belly relaxed, and notice how it rises with each inhale and falls with each exhale.
- Let out a loud sigh with each exhale.
- Begin the practice of breath focus by combining this deep breathing with imagery and a focus word or phrase that will support relaxation.
- You can imagine that the air you inhale brings waves of peace and calm throughout your body. Mentally say, “Inhaling peace and calm.”
- Imagine that the air you exhale washes away tension and anxiety. You can say to yourself, “Exhaling tension and anxiety.”

LION'S BREATH



LION'S BREATH

- Come into a comfortable seated position. You can sit back on your heels or cross your legs.
- Press your palms against your knees with your fingers spread wide.
- Inhale deeply through your nose and open your eyes wide.
- At the same time, open your mouth wide and stick out your tongue, bringing the tip down toward your chin.
- Contract the muscles at the front of your throat as you exhale out through your mouth by making a long “ha” sound.
- You can turn your gaze to look at the space between your eyebrows or the tip of your nose.
- Do this breath 2 to 3 times.

ALTERNATE NOSTRIL BREATHING



ALTERNATE NOSTRIL BREATHING

- Choose a comfortable seated position.
- Lift up your right hand toward your nose, pressing your first and middle fingers down toward your palm and leaving your other fingers extended.
- After an exhale, use your right thumb to gently close your right nostril.
- Inhale through your left nostril and then close your left nostril with your right pinky and ring fingers.
- Release your thumb and exhale out through your right nostril.
- Inhale through your right nostril and then close this nostril.
- Release your fingers to open your left nostril and exhale through this side.
- This is one cycle.
- Continue this breathing pattern for up to 5 minutes.
- Finish your session with an exhale on the left side.

EQUAL BREATHING

EQUAL BREATHING

How: Inhale for a count of four, then exhale for a count of four through your nose

Why: Calms the nervous system, increases focus, and reduces stress

When: Effective before bed

Level of difficulty: Beginner



EQUAL BREATHING

- **Choose a comfortable seated position.**
- **Breathe in and out through your nose.**
- **Count during each inhale and exhale to make sure they are even in duration. Alternatively, choose a word or short phrase to repeat during each inhale and exhale.**
- **You can add a slight pause or breath retention after each inhale and exhale if you feel comfortable. (Normal breathing involves a natural pause.)**
- **Continue practicing this breath for at least 5 minutes.**

RESONANT OR COHERENT BREATHING

Coherent Breathing
(Yogic breathing)



RESONANT OR COHERENT BREATHING

- Inhale for a count of 5.
- Exhale for a count of 5.
- Continue this breathing pattern for at least a few minutes.

SITALI BREATH



COOLING
BREATH



SITALI BREATH

- Choose a comfortable seated position.
- Stick out your tongue and curl your tongue to bring the outer edges together.
- If your tongue doesn't do this, you can purse your lips.
- Inhale through your mouth.
- Exhale out through your nose.
- Continue breathing like this for up to 5 minutes.

DEEP BREATHING

Why are Deep Breathing Exercises Good for Your Health ?

For Information, Visit: www.epainassist.com



DEEP BREATHING

- While standing or sitting, draw your elbows back slightly to allow your chest to expand.
- Take a deep inhalation through your nose.
- Retain your breath for a count of 5.
- Slowly release your breath by exhaling through your nose.

HUMMING BEE BREATH (BHRAMARI)

Bhramari Pranayama (The Bee Breath)



1. Sit down in Vajrasana or Padmasana at a peaceful place.
2. Your shoulders must be stretched out and your spine straight. Now, open up your palms and close your ears with your thumbs.
3. Place your index fingers on the forehead, right above your eyebrows. Let your middle and ring fingers rest on your closed eyes.
4. Breathe in deeply and exhale slowly, keeping your mouth closed. While breathing out, make a little humming sound.
5. Your fingers should feel the vibrations of the sound. Remove the fingers gently from your face and rest them on your knees.
6. One round is complete. Repeat the procedure 5-10 times

Sustain the sound until you need to inhale, then repeat.
The longer you sustain humming exhalation, the more relaxing it is.

HUMMING BEE BREATH (BHRAMARI)

- Choose a comfortable seated position.
- Close your eyes and relax your face.
- Place your first fingers on the tragus cartilage that partially covers your ear canal.
- Inhale, and as you exhale gently press your fingers into the cartilage.
- Keeping your mouth closed, make a loud humming sound.
- Continue for as long as is comfortable.

APPLICATION

MINDFUL
BREATHING
EXERCISES

THUMB CHECK IN



“That was great”, or I noticed when I was distracted and was able to bring my attention back to my breath



“That was okey”, or I was distracted, and some of the time I was able to bring my attention back to my breath



“I struggled”, or I was mostly distracted and not really able to bring my attention back to my breath

DISCUSSION

- **What was it like to sit and be with your breath?**
- **Were you able to stay present and concentrate on your breathing?**
- **Did you feel any discomfort?**
- **What thoughts came up for you?**
- **What feelings came up to you?**
- **When you wondered, were you able to bring your attention back to your breath?**

May each breath be like a footstep
bringing you back to the home of yourself.

- William Wordsworth





THANK YOU