

E-BOOK

*The Power of
Breathwork for
Pregnancy and
an Essential
Life Skill*



Essential Skills for Life

What are these useful skills?

Both Relaxation and Breathwork are skills for life which can make your sense of being healthy and well much higher. They are easy to master with regular practice and available to you wherever you are.

Relaxation as a life-skill

Being able to relax gently and easily is important for a peaceful approach to life and for a calm mind.

The power of the breath

Using breathwork techniques promotes emotional wellbeing and resilience in life situations as our parasympathetic nervous system is stimulated reducing the effect of stress hormones within the body

These are the key benefits

Benefits of relaxation - be generally happier, better memory, stronger immune system, reduce risk of heart disease, improve relationships, better sleep patterns, increase energy, enhance creativity, decrease pain, expand motivation

Benefits of breathwork - reduce blood pressure, deeper sleep, reduce intense feelings or reactions to everyday stressors, improved respiratory function, improved immune system, aids in the effective removal of stress hormones from the body

Relaxation

is the state of being free from tension and anxiety

Yoga, tai chi and qigong. These three ancient arts combine rhythmic breathing with a series of postures or flowing movements. The physical aspects of these practices offer a mental focus that can help distract you from racing thoughts. They can also enhance your flexibility and balance.

Body scan. This technique blends focus with progressive muscle relaxation. After a few minutes of deep breathing, you focus on one part of the body or group of muscles at a time and mentally releasing any physical tension you feel there. A body scan can help boost your awareness of the mind-body connection.

The Power of the Breath

Breathing is an essential part of our lives, and the use of simple breathing techniques can help our energy and how we feel.

Fear, stress and panic all stimulate the release of chemicals into our bodies associated with the physiology of fight-and-flight.

We can use **deep, slow breaths** to break the cycle, calm the response, the thoughts and emotions and our whole body.

Two Simple Ways to Breathe and Relax

Breath Focus.

In this simple, powerful technique, you take long, slow, deep breaths (also known as abdominal or belly breathing). As you breathe, you gently disengage your mind from distracting thoughts and sensations. Breath focus can be especially helpful for women to help them focus on their bodies in a more positive way.

Breathing to Relax.

- Place one hand on your chest and the other over your stomach. You want your stomach to move more than your chest as you breathe.
- Take a slow, regular breath in (through your nose if you can). Watch your hands as you breathe in.
- Breathe out slowly through pursed lips
- Repeat this 10 times, twice a day

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Notes



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