

5 MINUTE MINDFULNESS BREATHING EXERCISE

FOR REDUCTION OF CHRONIC PAIN, ANXIETY AND DEPRESSION

Start by rating the level of pain or anxiety (0-10....10 the worst). After the breath work is completed, re-rate the level of anxiety, depression or pain.

Just notice what you're feeling when you do the Mindfulness breath work described below. Make your out-breaths (exhalations) longer than your in-breath (Inhalations). This develops a BARO reflex which helps reduce anxiety, lift depression and reduce chronic pain.

At no time should you hold your breath. If you pucker up and tighten your lips slightly, it will be easy to let the air out slowly during the out-breath which needs to be longer than the in-breath or inhalation. This is very important in all breathing exercises as it creates a BARO reflex which slows down your heart rate and reduces blood pressure (which are on the rise during heightened anxiety and physical pain episodes).

- 1) Breathe and notice the sound your breath makes. The breaths may be subtle but they definitely make a sound. Think of the difference in the sounds of inhaling compared to the sounds of exhaling. Make the exhalations longer than the inhalations. Do this for 1 minute and 15 seconds.
- 2) Breathe and notice your chest and/or stomach rising as you inhale and falling as you exhale. Think - rising and falling... rising and falling... rising and falling. Make the exhalations longer than the inhalations. Breathe in through your nose.... Then breathe out through your lips. Do this for about 1minutes 15 seconds.
- 3) Breathe and notice the cool air (or room temperature air) going through your nostrils as you breathe in and the warm air as you breathe out. Detect the warm air by cupping your hand over your mouth for 5 seconds to feel the heat. Always make the exhalations longer than the inhalations. Do this for 1minute and 15 seconds.
- 4) Breathe and notice the air that enters your body. As it enters, think "oxygen and health and relaxation into my body". As you exhale, think "tension or pain and anxiety exiting out of my body". Image it and "see" it happening. Do this for 1minute and 15 seconds.

Do the above 5 minute exercise 3x per day... morning, mid-day and evening.

Do all 4 of the exercises above if you wish or any of the 4 in any combination. But be sure to do it for 5 minutes and focus on your breathing for 5 minutes. Besides reducing anxiety and pain, it will teach you to be "PRESENT IN THE MOMENT" - a very important state of mental & physical health.