



Instant StressBusters

Use these techniques for rapid relief whenever you're feeling stressful emotions such as fear, anger, anxiety, irritation or hurt.

Abdominal Breathing: Shift Stress Breathing Patterns

Sit, close your eyes and place your hands on your belly. Inhale through the nose and count to three while inhaling. Open the mouth with lips puckered and exhale while counting to 4 or 5.

Heart Breathing

Step 1: Heart Focus. Focus your attention on the area around your heart in the center of your chest.

Step 2: Heart Breathing. Breathe deeply but normally and imagine your breath is coming in and going out through your heart area. Continue breathing with ease until you find a natural inner rhythm that feels good to you.

Attitude Breathing™

1. Recognize the unwanted attitude (or feeling)
2. Identify a replacement attitude or feeling and breathe that new attitude in and out slowly and casually through your heart area.
3. Continue to do this until you anchor the new feeling.

Attitude Breathing is a registered trademark of Doc Childre

STOP Meditation: Get Centered

STOP stands for **S**top whatever you're doing, **T**ake a breath, **O**bserve how you are, and **P**roceed with what you were doing. It only takes a minute but you can do it throughout the day whenever you feel that you've lost your equilibrium.

Quick tension and relaxation

While standing or sitting, breathe in deeply and tense the entire body all at once while holding the breath and counting to 10. Exhale through the mouth with an audible "ahhhh".

Breath Countdown: Focus Your Mind

With eyes open or closed and hands placed on the belly (not necessary once you've mastered abdominal breathing), count down breaths from 10 to zero. Take your first inhale and when you exhale say silently "ten"; then on your next exhalation, say "nine" and so on until you have counted down to zero.