

ROCKING YOUR ROLE

BY JENNY GARRETT

The "how to" guide to
success for female
breadwinners



One of my favourite techniques, because of its simplicity and effectiveness, is called belly breathing. Belly breathing may also be called diaphragmatic breathing because it focuses on the proper use of the diaphragm muscle to control breathing. This technique can be used anywhere at any time and is very useful for calming a restless mind and quickly dampening stress or anxiety.

The action of focusing awareness on the breath aligns the intentions of the body and the mind. The basis of Belly breathing is to consciously focus on breathing deeply and smoothly rather than the shallow uneven breathing we may be used to. We do this by becoming aware of the muscles and movement within our body as we breath.

Please take a moment to do this simple exercise and notice the difference. Take a deep breath in a way that you normally would. Did you notice how your upper body expands out and moves up? When we normally inhale we tend to do so by expanding our ribs and puffing up our chest. This method limits the air we intake and the area of our lungs which are used. It also causes tension to build in the shoulders and upper back because we are unaware that we are also using these muscles.

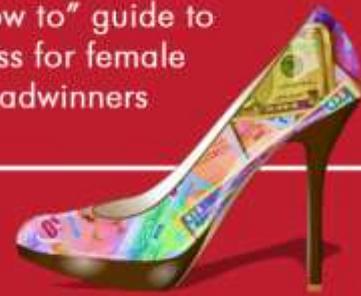
Belly breathing draws breath deeper into the lungs, and utilizes the proper muscles to do so. This not only reduces tension in the upper torso, but also increases the amount of oxygen provided to the body.

To do the belly breathing technique it is best to practice this for the first time while sitting. This way you can focus your thoughts on your breath while not worrying about balance.

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Please find a comfortable place to sit and follow these steps:

1. Sit up straight. Tuck your chin back and make sure the top of your head and neck are aligned with the spine. Imagine there is a beam of energy extending from the top of your head to the base of your spine that you want to keep straight. This will ensure that air flows freely through the trachea and also relaxes the throat and neck.
2. Relax the body.
3. Now place one hand on your chest, and the other at or just below the navel. (it doesn't matter which hand, use whatever is most comfortable to you)
4. Now, inhale through your nose and as you breath imagine that your stomach is a balloon or a basketball that you are trying to inflate. If that doesn't work then think of a string attached to your navel that is being pulled outward when you inhale.
5. Exhale slowly and fully through the nose. Your stomach should retract and empty almost all of the air from your lungs.
6. Notice where your breath is now going. It should be going deeper into your lungs and moving lower in your body.
7. Take note of how much you are still expanding your ribs and upper body. If you are still using them, then you should relax those muscles. They are not needed for this type of breath.
8. Repeat the breath until you feel your stomach expanding more than your chest and ribs.¹

To find out more about Jenny Garrett and Rocking Your Role, go to rockingyourrole.com, where you can purchase a signed copy.

You can also purchase the book from amazon

¹ <http://www.clear-mind-meditation-techniques.com/breathing-techniques.html>