

Take an extra 5 min. for self-care

Self-care suggestions for getting *extra* settled:

- **Prepare:**

- Get a drink & snack  
- Pet your pets 
- Close or minimize extra tabs & windows 

- **Adjust:**

- The lighting 
- Your seat or stance 
- Notifications for Teams, phone, etc. 

- **Get cozy:**

- Wear fuzzy socks 
- Grab a blanket 
- Smile at your own reflection for a moment 

Breathing Techniques for Self-Regulation



Lerin Madole, RYT 200



Today's Agenda

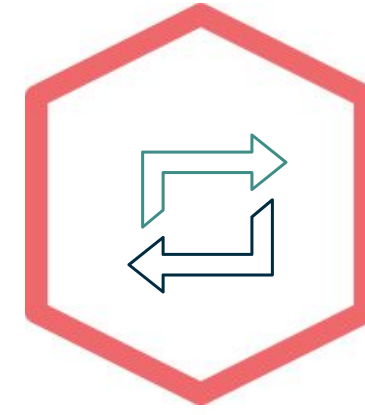
Breathing Technique 1

Energizing & mood boosting



The Basics

Physical Energy & Stress



Technique 2

Balancing & steadying



Technique 3

Calming



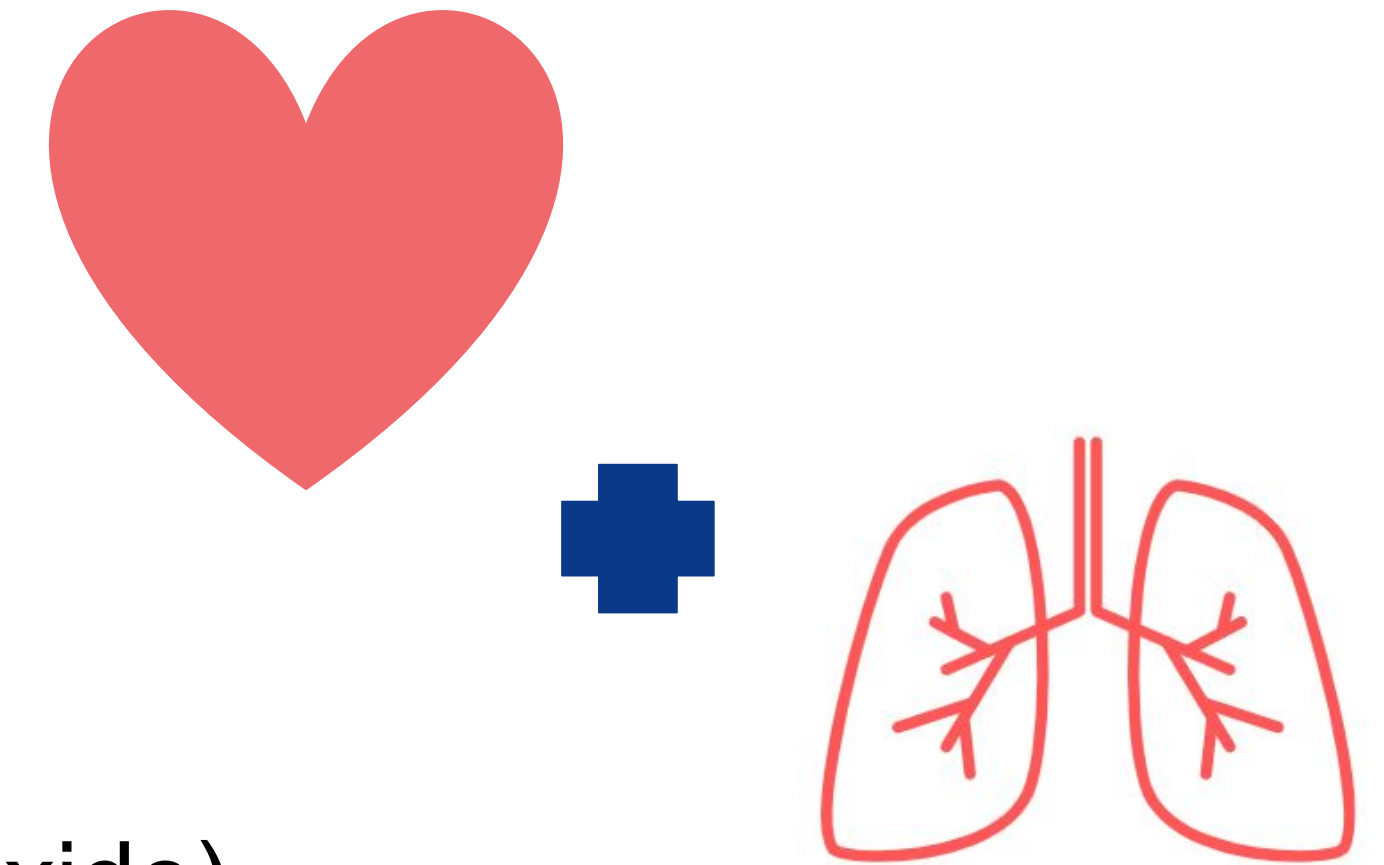
Let's Practice

Which works for you?

The Basics

Energy

Our heart and lungs are the major sources of energy in the body



- **Inhale = energizing** ↑
 - Increases heart rate and oxygen levels in the body
- **Exhale = calming** ↓
 - Decreases heart rate, expels unneeded products (e.g., carbon dioxide)

Stress:

Our fight/flight/freeze response is designed to protect the body, but it can feel scary! 😱
(quick heart rate, wide eyes, shaking, sweating, crying, hyperventilating, nausea, etc.)

- Stress hormones leave the body through moisture: 💧
 - sweat, tears, & **breath**

These systems function automatically to keep us alive. We can manage physiological responses to stress ***on purpose*** with basic tools to turn the volume up or down on our physical energy and stress levels.

"Breath of Joy"

.....
Energizing & Mood Boosting Breathing
Technique



Breath of Joy - Energizing

- **Basics:**

- 3 short inhales, 1 big exhale

- **Technique:**

- inhale with sniffs through nose (or pursed lips)
- exhale with open mouth
- *(repeat)*

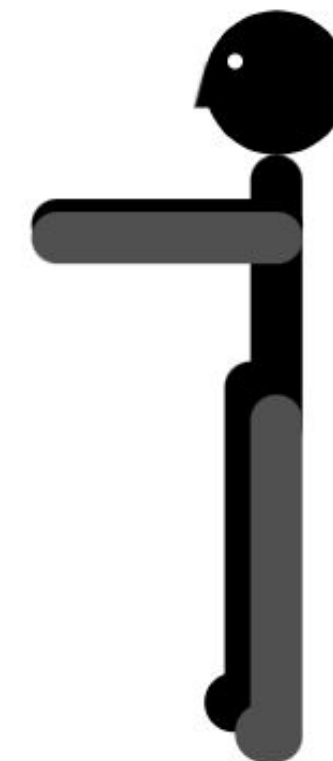
- **Tips:**

- Go at YOUR pace
- Add verbal “HA!” aloud on exhale
- Try it seated or standing
- Add movement for added effectiveness (*demonstration)
 - fling hands down as though shaking off water on the exhale

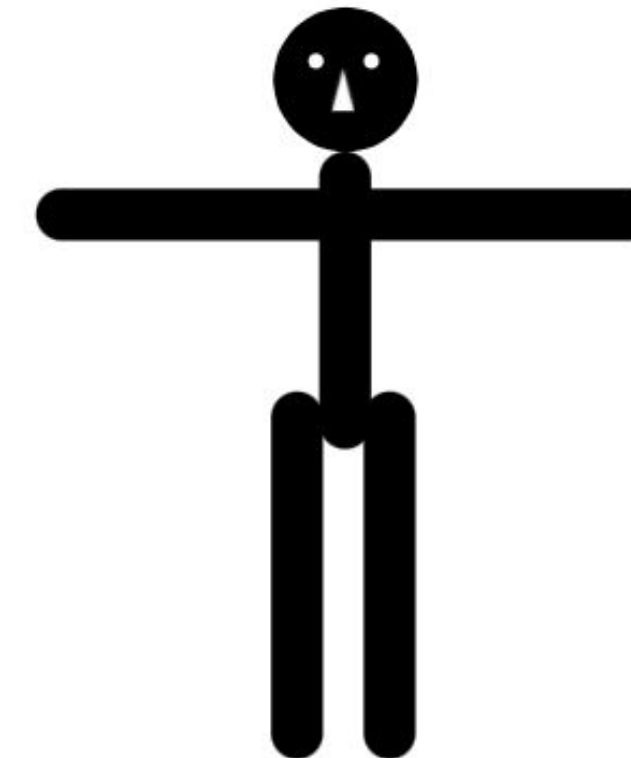
- **Benefits:**

- release excess energy
- increase low energy

Inhale 1



Inhale 2



Inhale 3



EXHALE 4



"Square Breath"

.....
Balancing & Sustaining Breathing Technique



Square Breath - Sustaining

- **Basics:**

- Inhale 4 counts - *hold 4 counts
- exhale 4 counts - *hold 4 counts, *(repeat)*

- **Technique:**

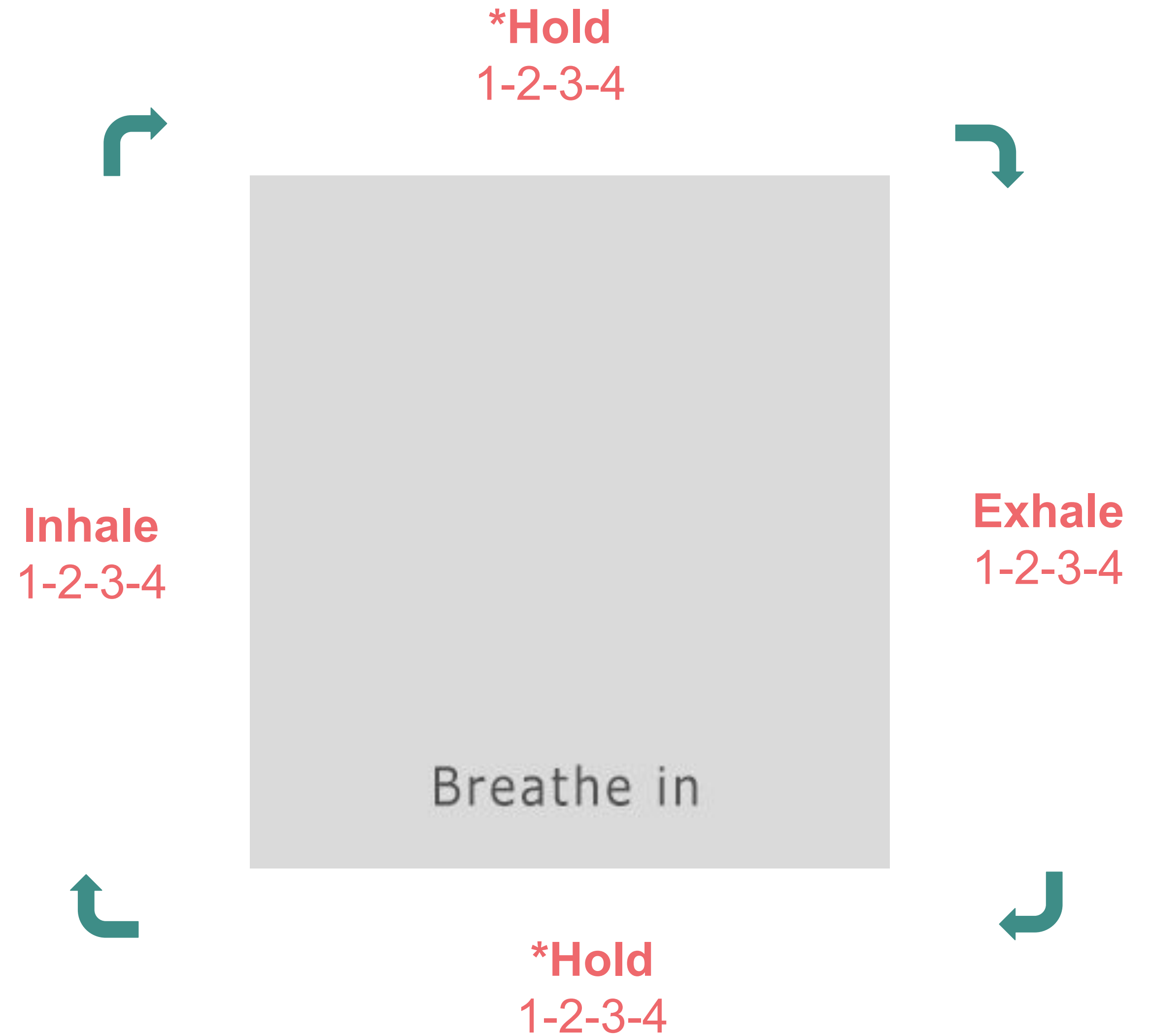
- sit comfortably
- breathe fully
- *holds are optional
- goal is to equalize intake/exit of oxygen/carbon dioxide

- **Tips:**

- go at YOUR pace
- use tactile tools to focus such as
 - counting on fingertips or snapping
 - tapping foot
 - patting hand on chest
 - listening to clock ticking or the beat of music

- **Benefits:**

- regulate and sustain energy levels



"Candle Breath"

.....
Calming Breathing Technique & Optional Pose



Candle Breath - Calming

- **Basics:**

- Inhale: 4 counts
- *Hold: 6 counts
- Exhale: 8 counts

- **Technique:**

- Avoid gasping: breathe in through nose or pursed lips
- Breathe out through pursed lips, or use a drinking straw to slow air flow
- *holding between inhale/exhale is optional
- Variations: option to add pose (*demonstration)
 - laying on floor with legs in chair or supported by a wall (lowers blood pressure)

- **Tips:**

- Go at YOUR pace
- purse lips as though breathing through a straw or whistling
- set a candle a couple of feet in front of you and try to steadily waver the flame with your exhale without blowing it out
- press gently on closed eyes to stimulate ocular nerve which taps into the vagus nerve and nervous system

- **Benefits:**

- lower stress levels
- lower blood pressure
- encourage “rest and digest” response of parasympathetic nervous system



“

And now...we practice!

”

Choose what works for you

Ask yourself:

- How do I feel right *now*? 😵 😊 😴
- Do I feel *good* at my current energy level? 🔴 🟡 🟢
- Do I have *extra* energy to expend? 🔥 ⚓ 🐌
- Do I *need* a boost? (**take care not to force it if your body is telling you to take it easy*)
- How can I take *care* of myself today?

Choose one that supports you most right *now*: to be more energized, the same, or less energized

1. Breath of Joy - Energizing ▲
2. Square Breath - Balancing/Sustaining ◼
3. Candle Breath - Calming ▼

Let's practice together

Thank you.

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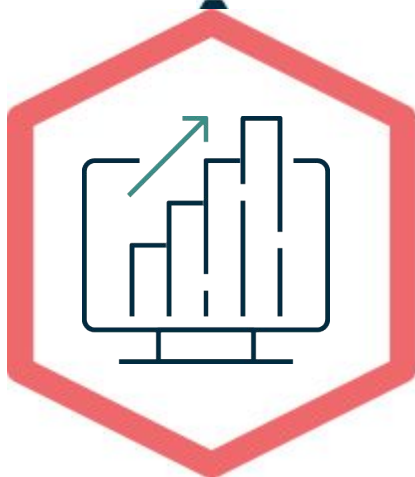


Our Agenda **for Today**

Technique 3
Calming with optional pose



Sales reports & analytics
We are a fast-growing company



Get in touch with us
We want to hear from you



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Click to add subtitle



Add your section title here



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Our Mission

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Our Vision

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Our Values

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Project Roadmap







Analysis of the Segment

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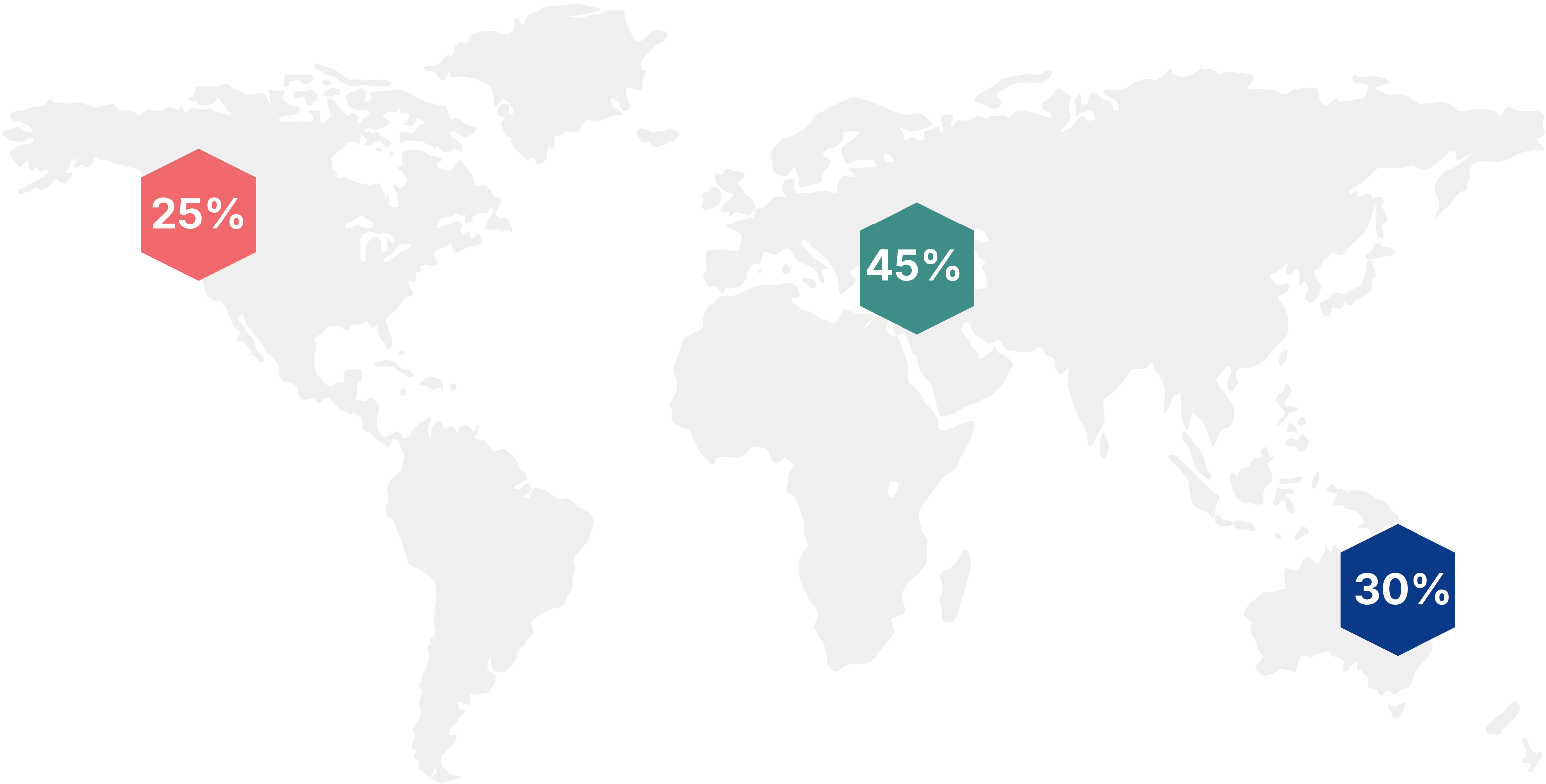
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Analysis of the Segment

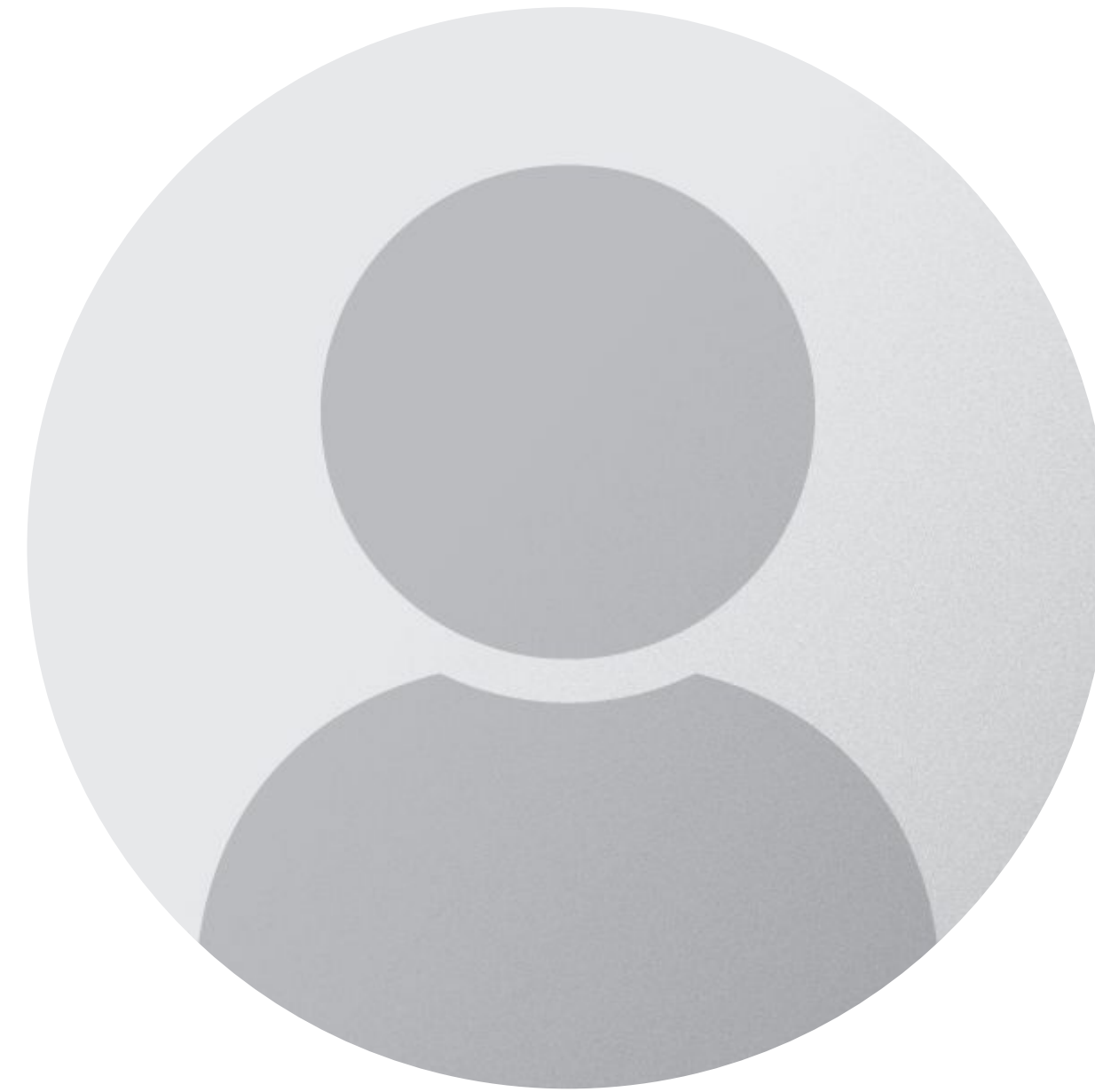
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Presenter **Name**

- Quick facts about presenter
- Go here
- and here
- also here



Presenter **Name**

- Quick facts about presenter
- Go here
- and here
- also here



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- Quick facts about presenter
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Your DemandLab Team



Presenter Name
CEO & Founder



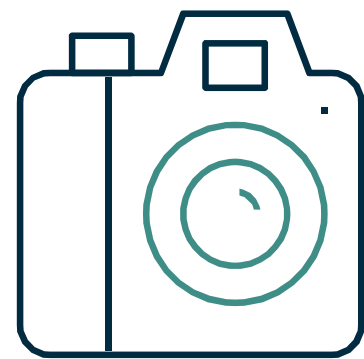
Presenter Name
CEO & Founder



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CEO & Founder

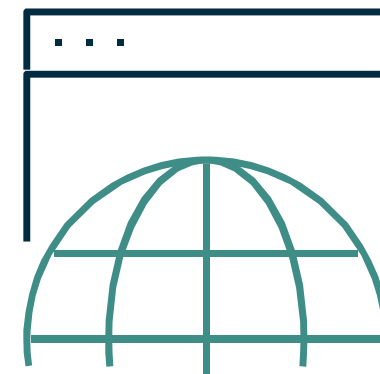


Presenter Name
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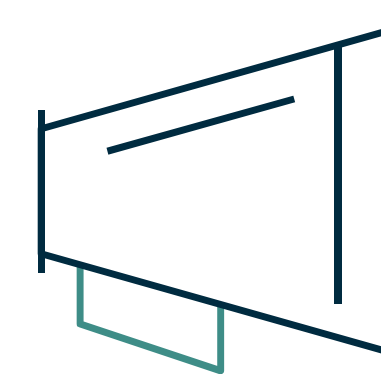
Photography

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Web Design

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Promotion

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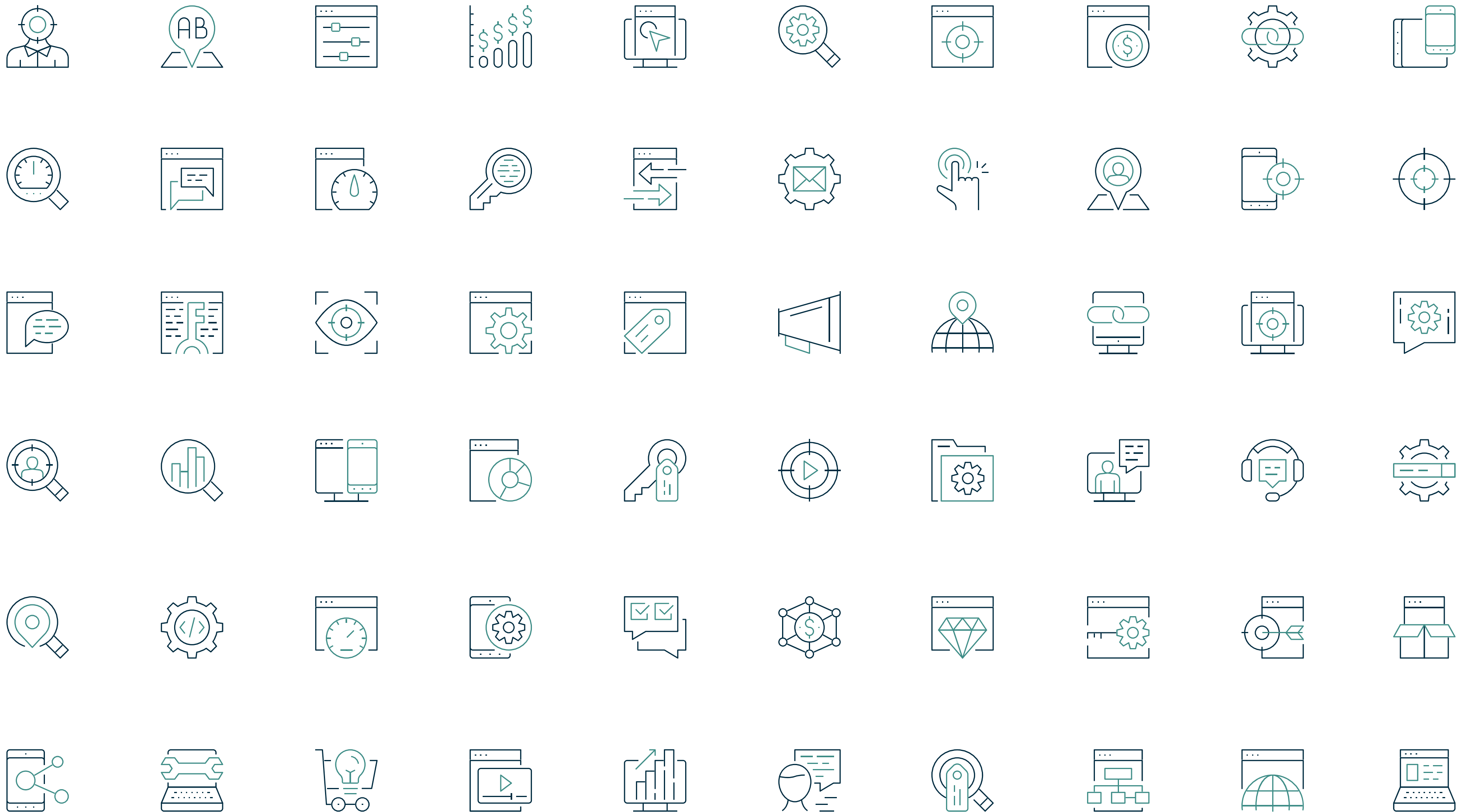
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Our Process

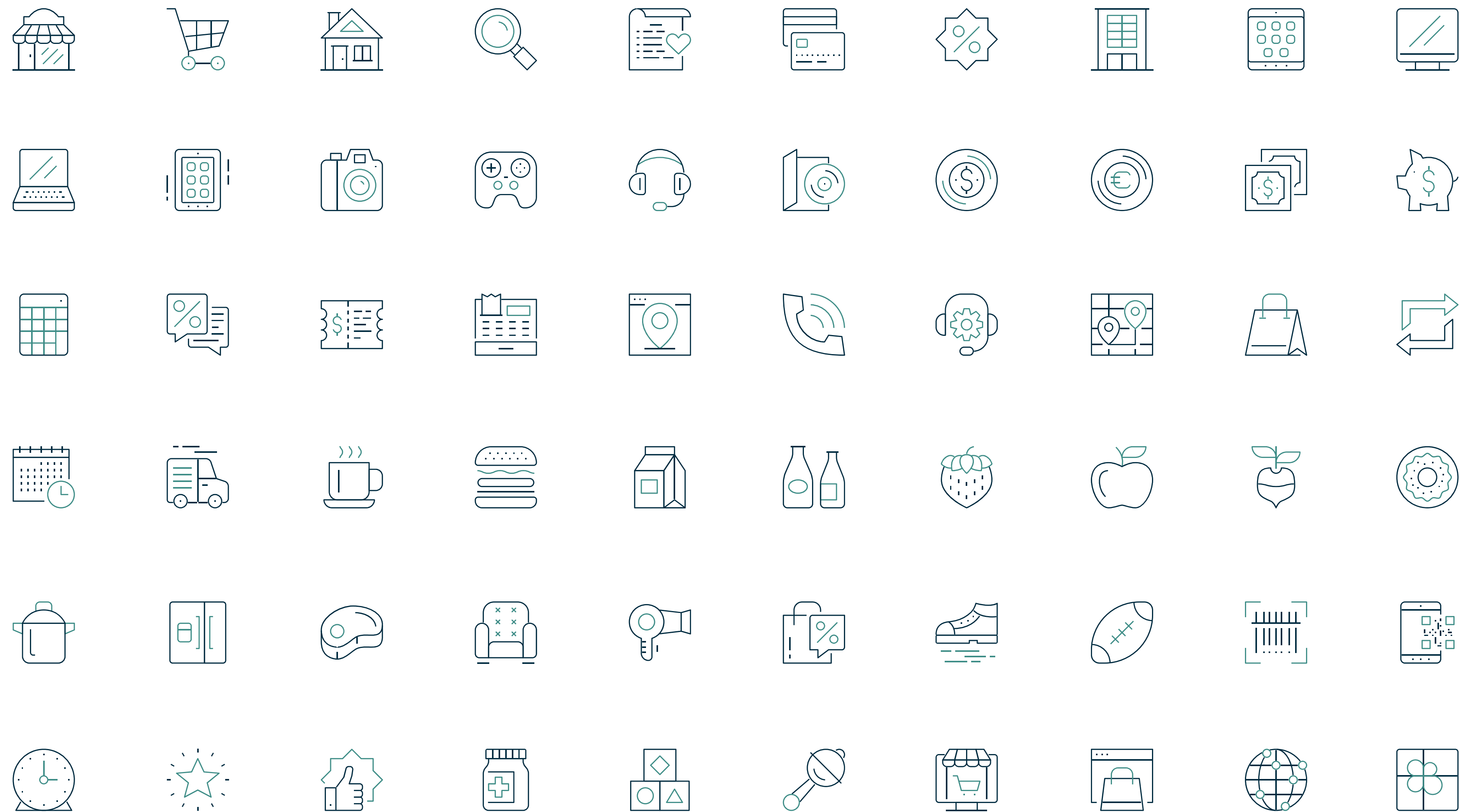


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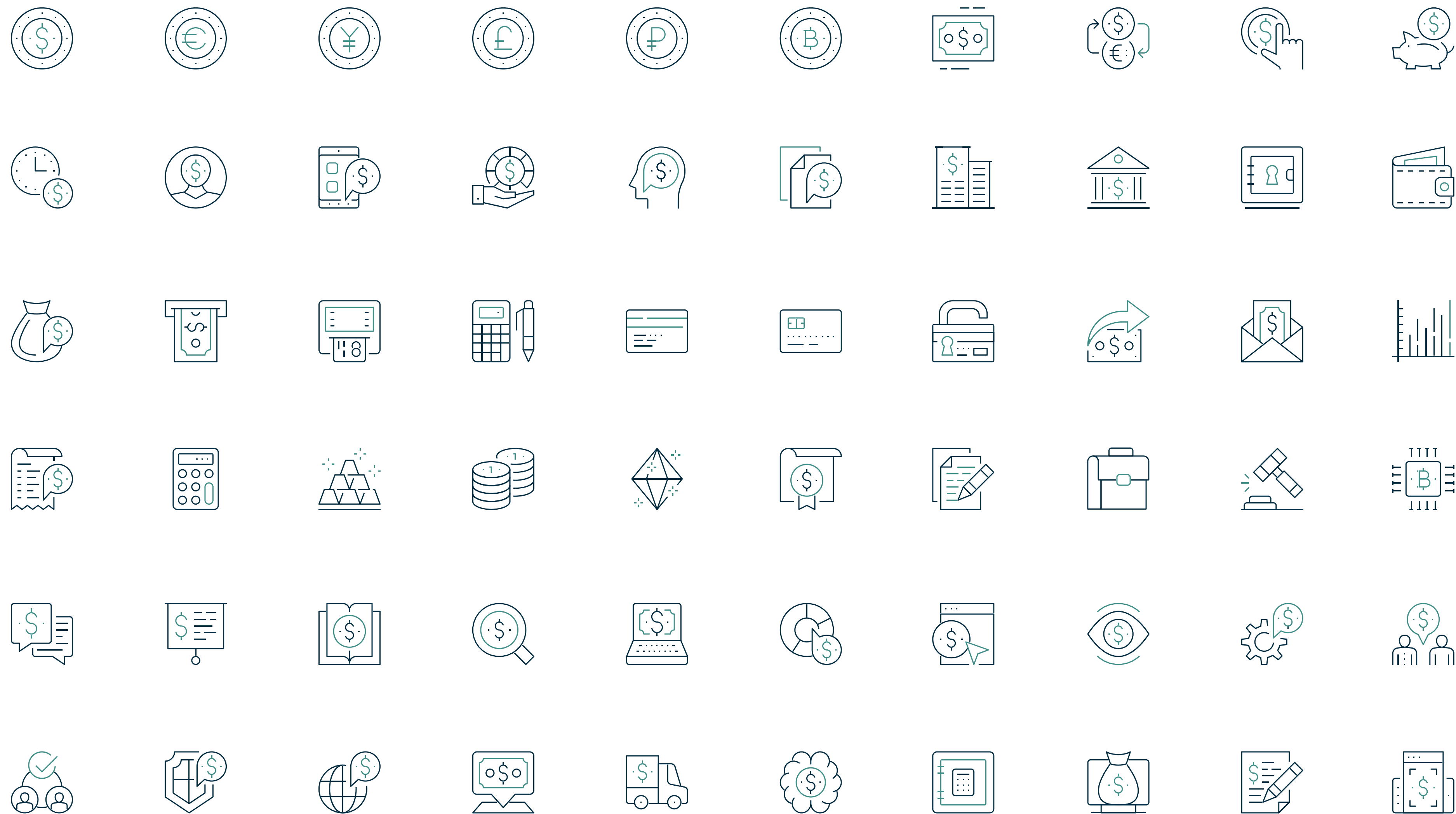
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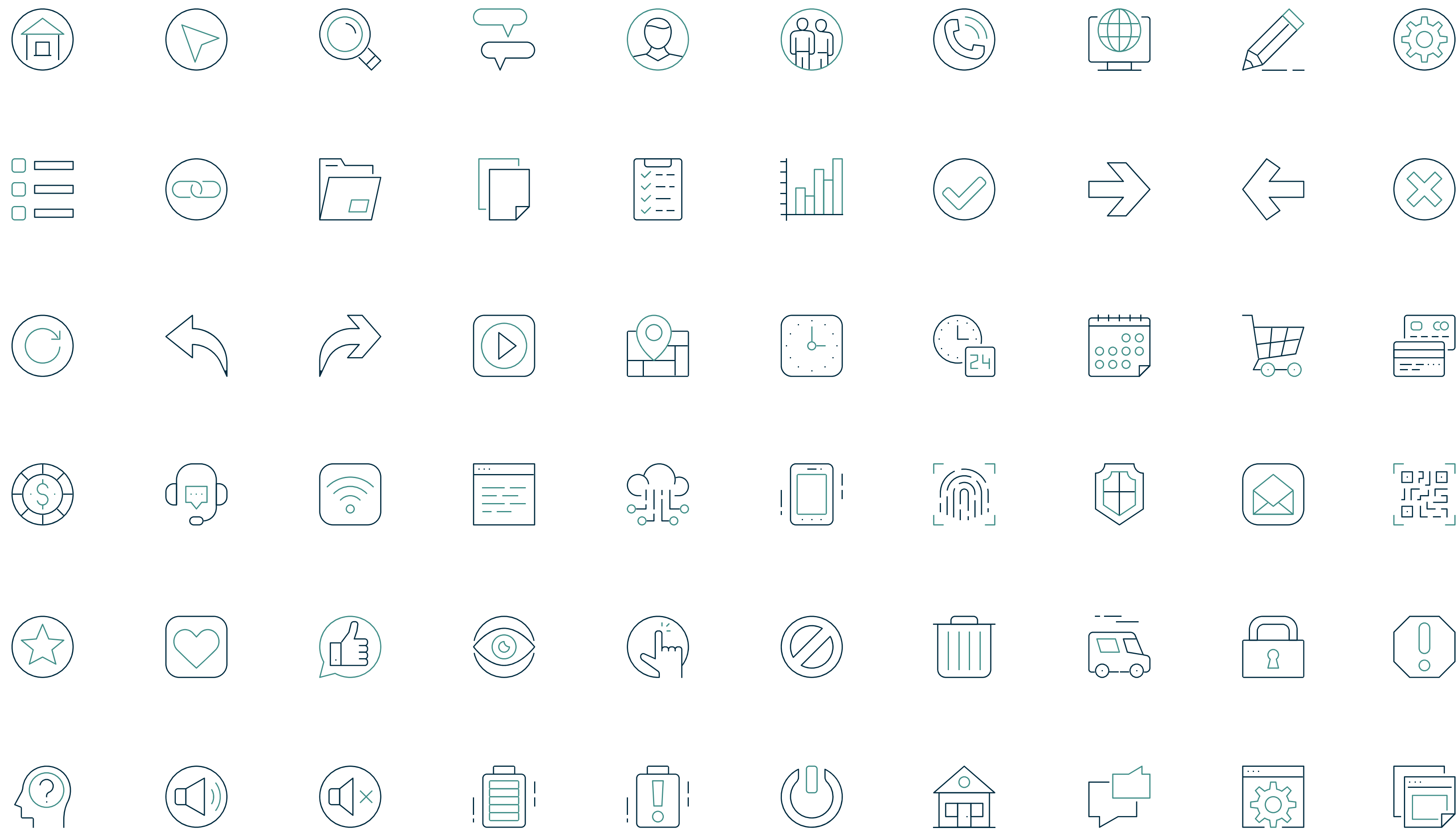
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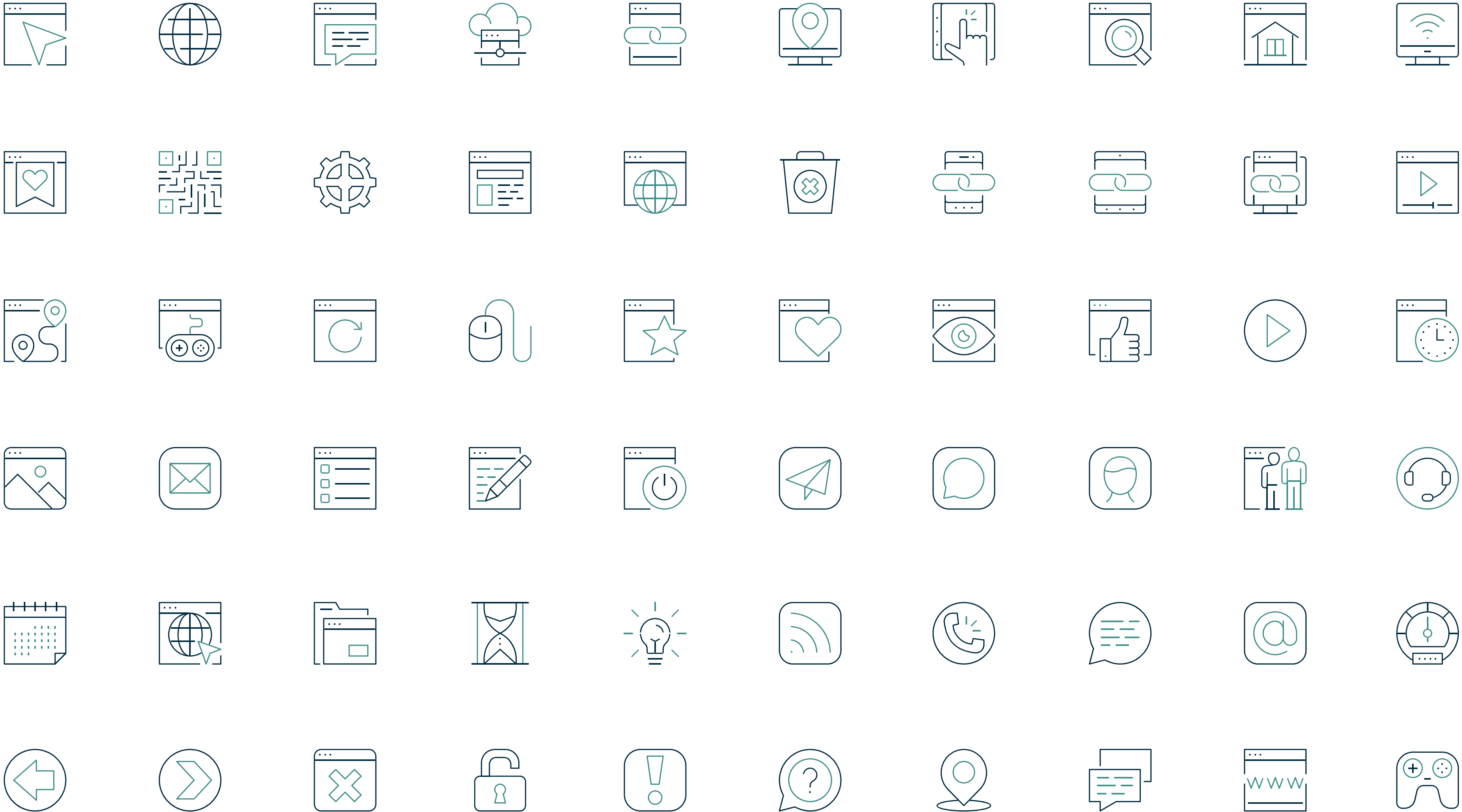
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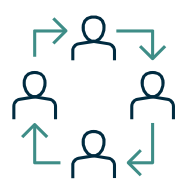
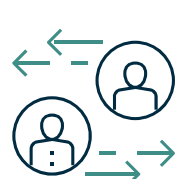
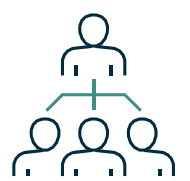
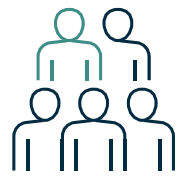


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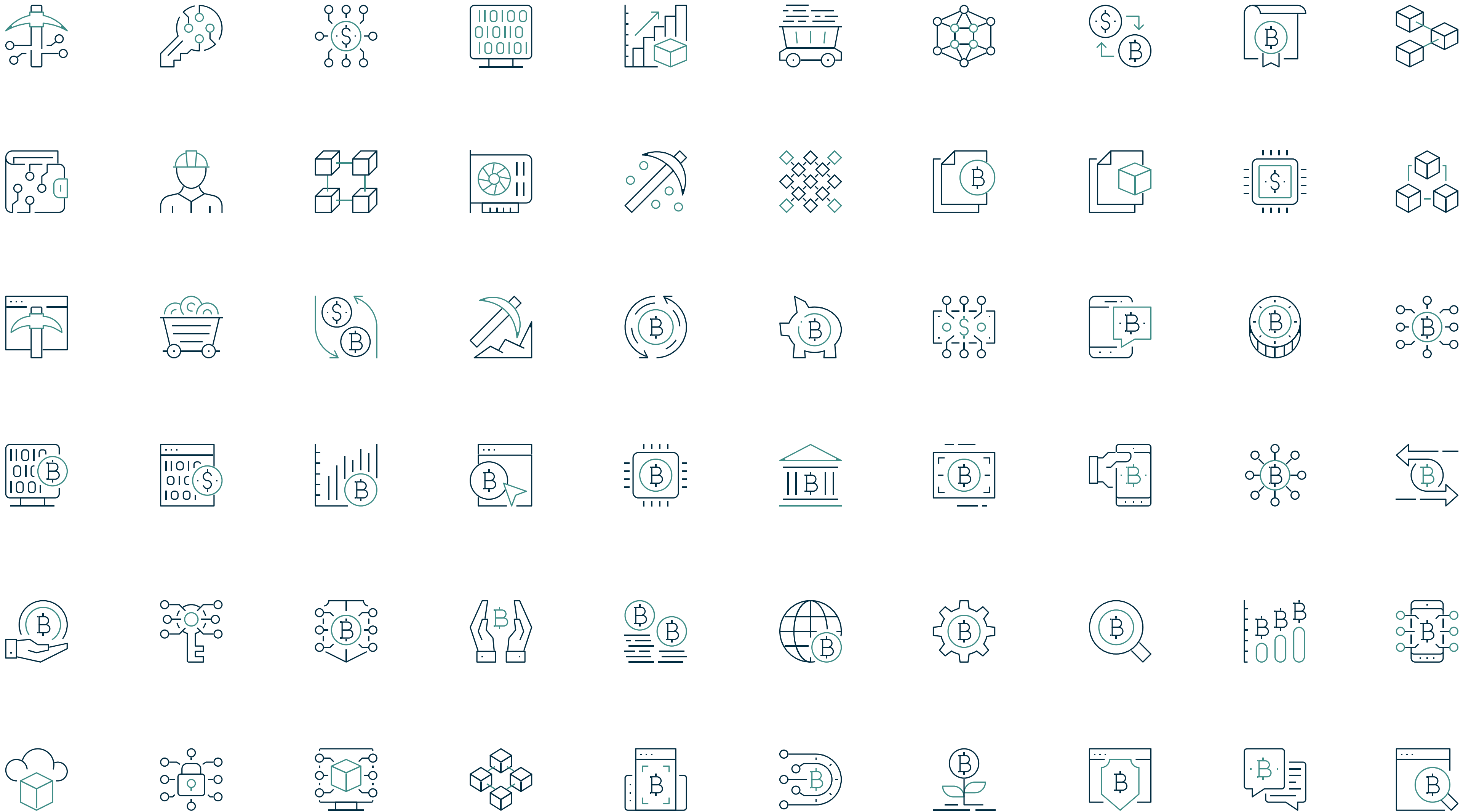


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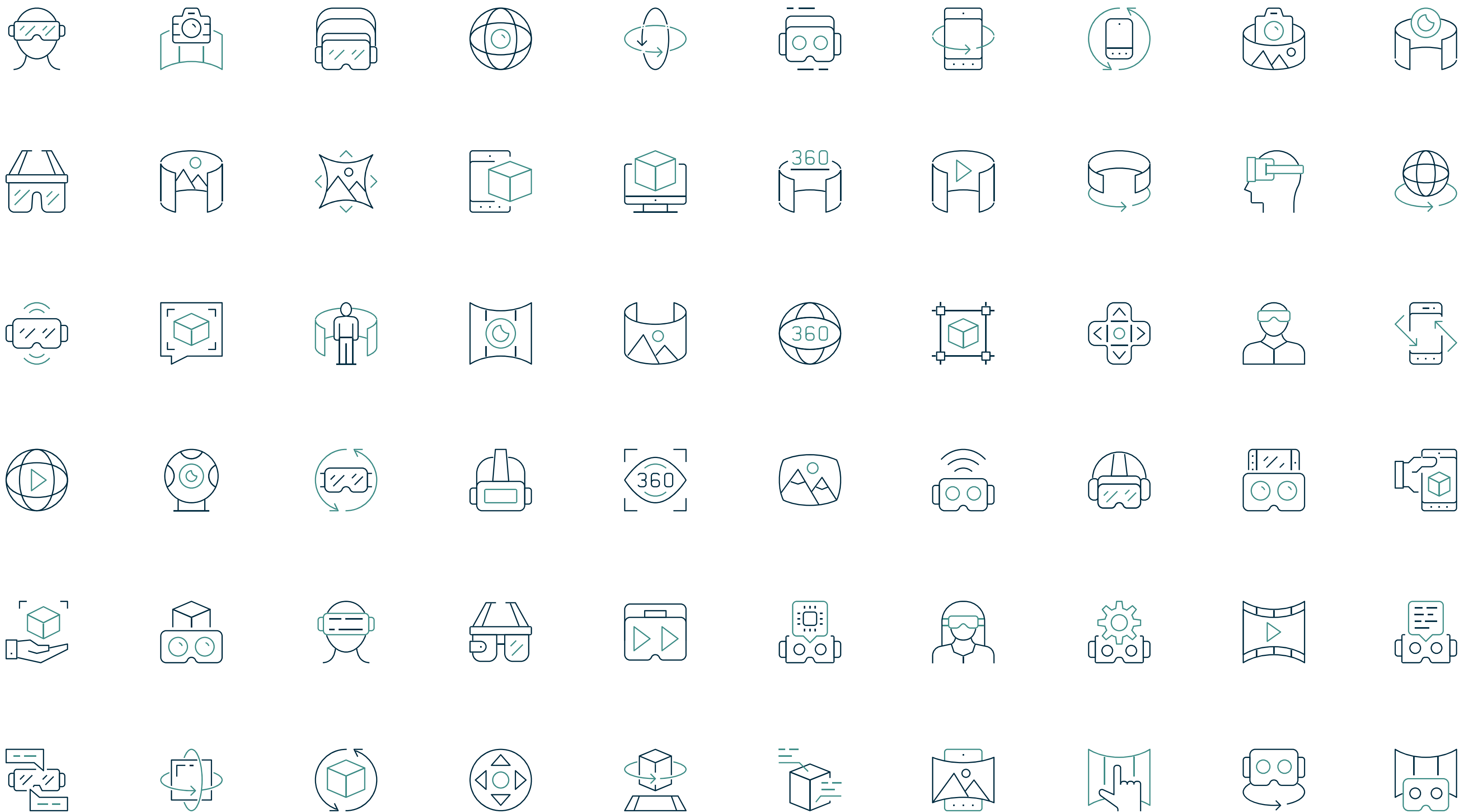
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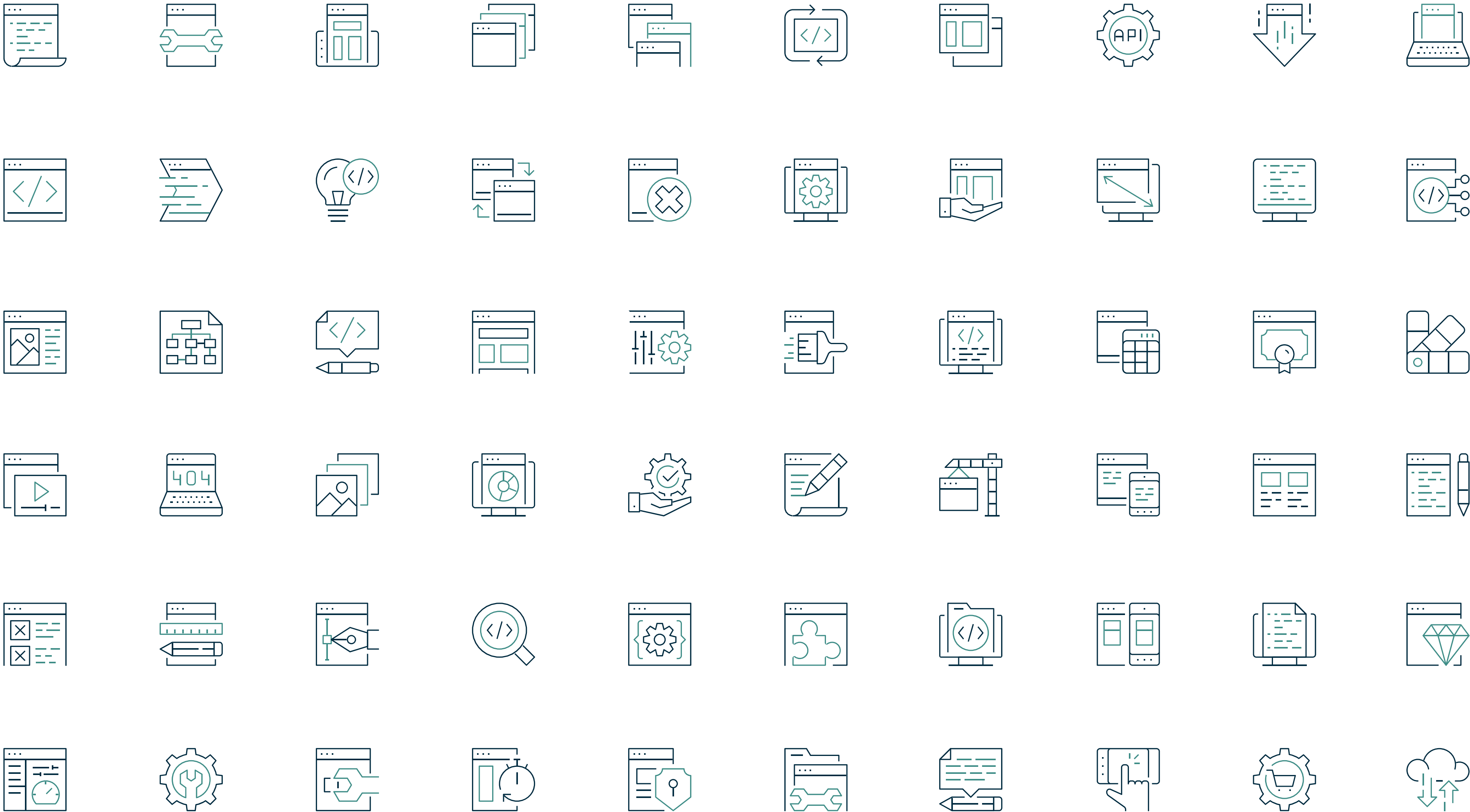
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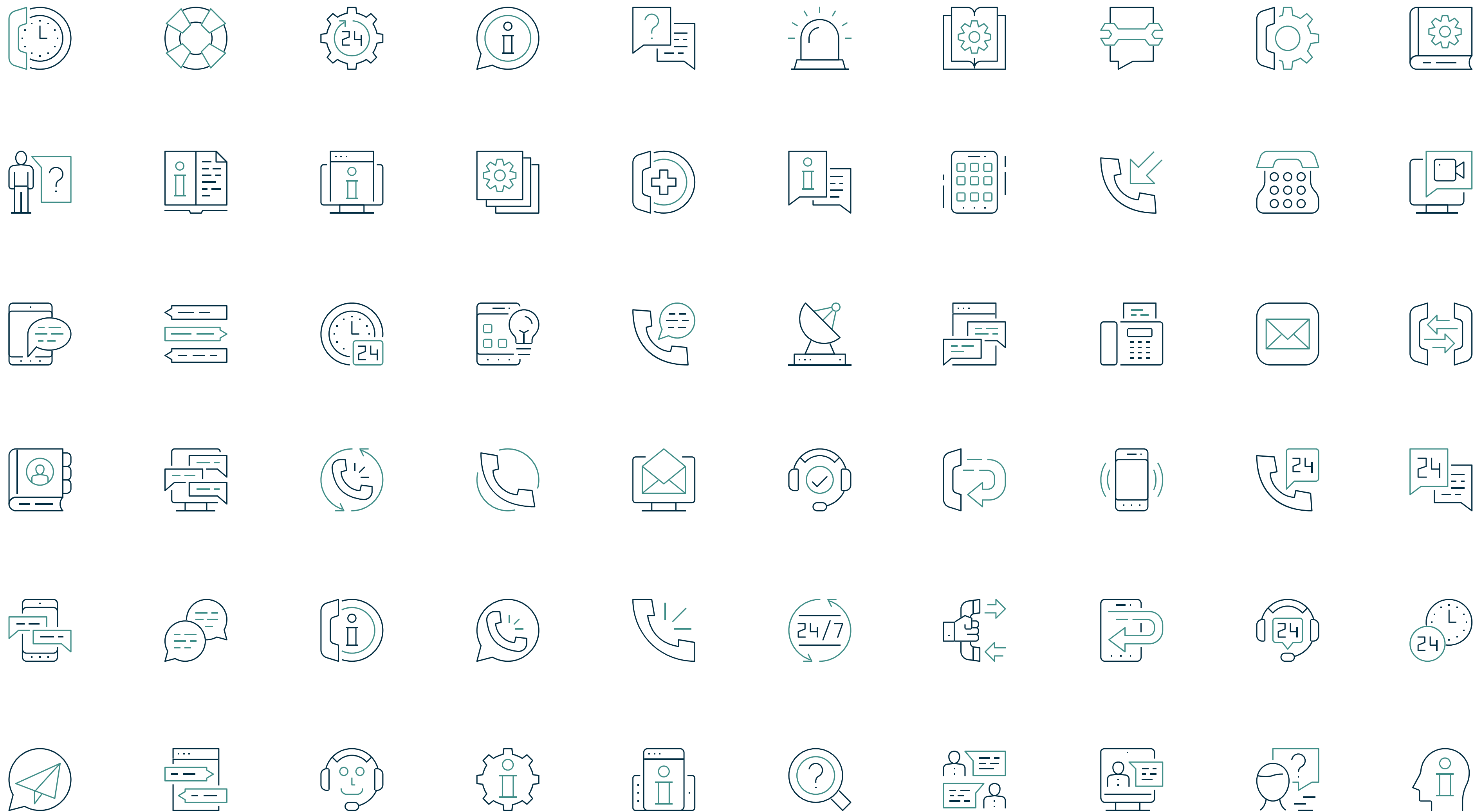
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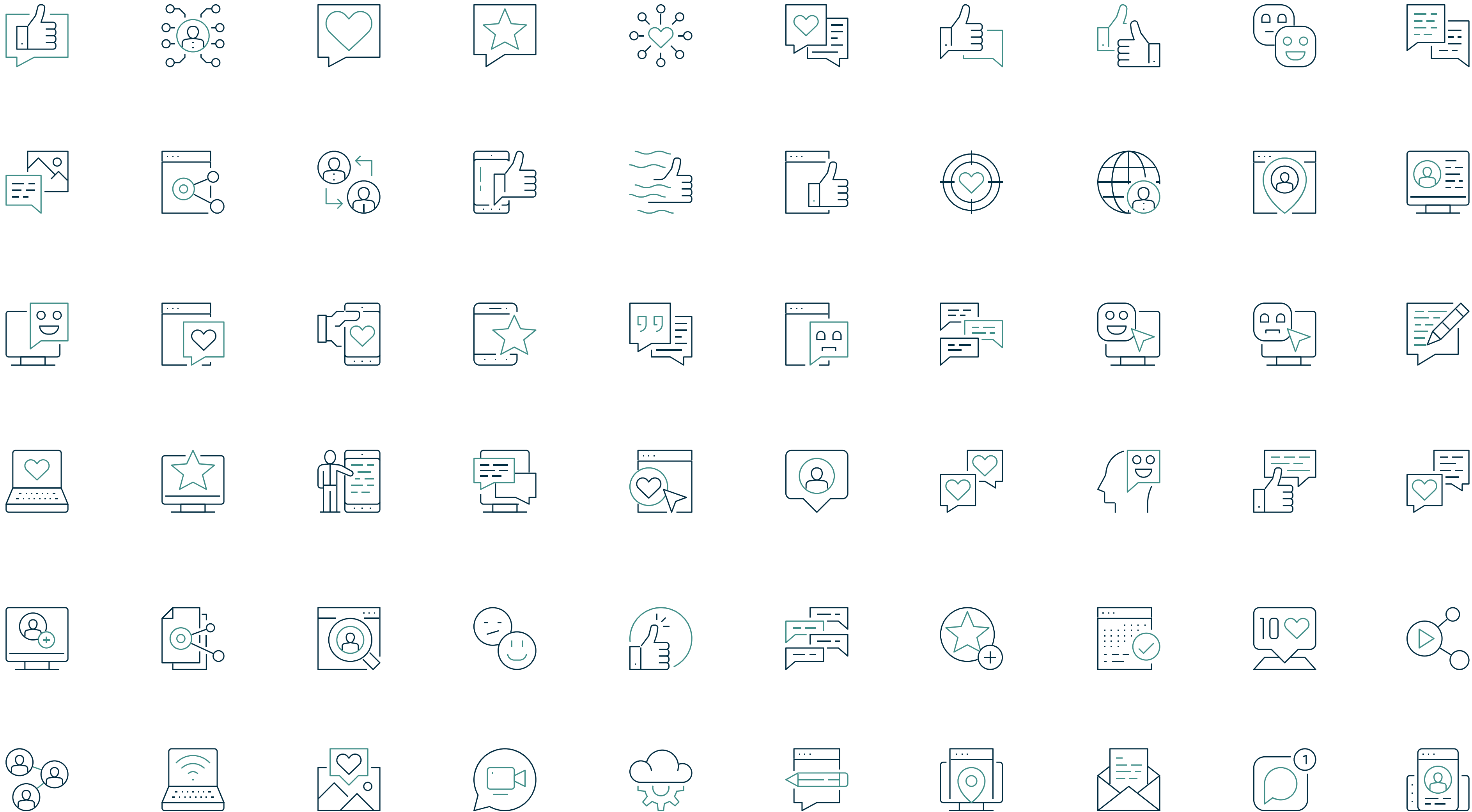
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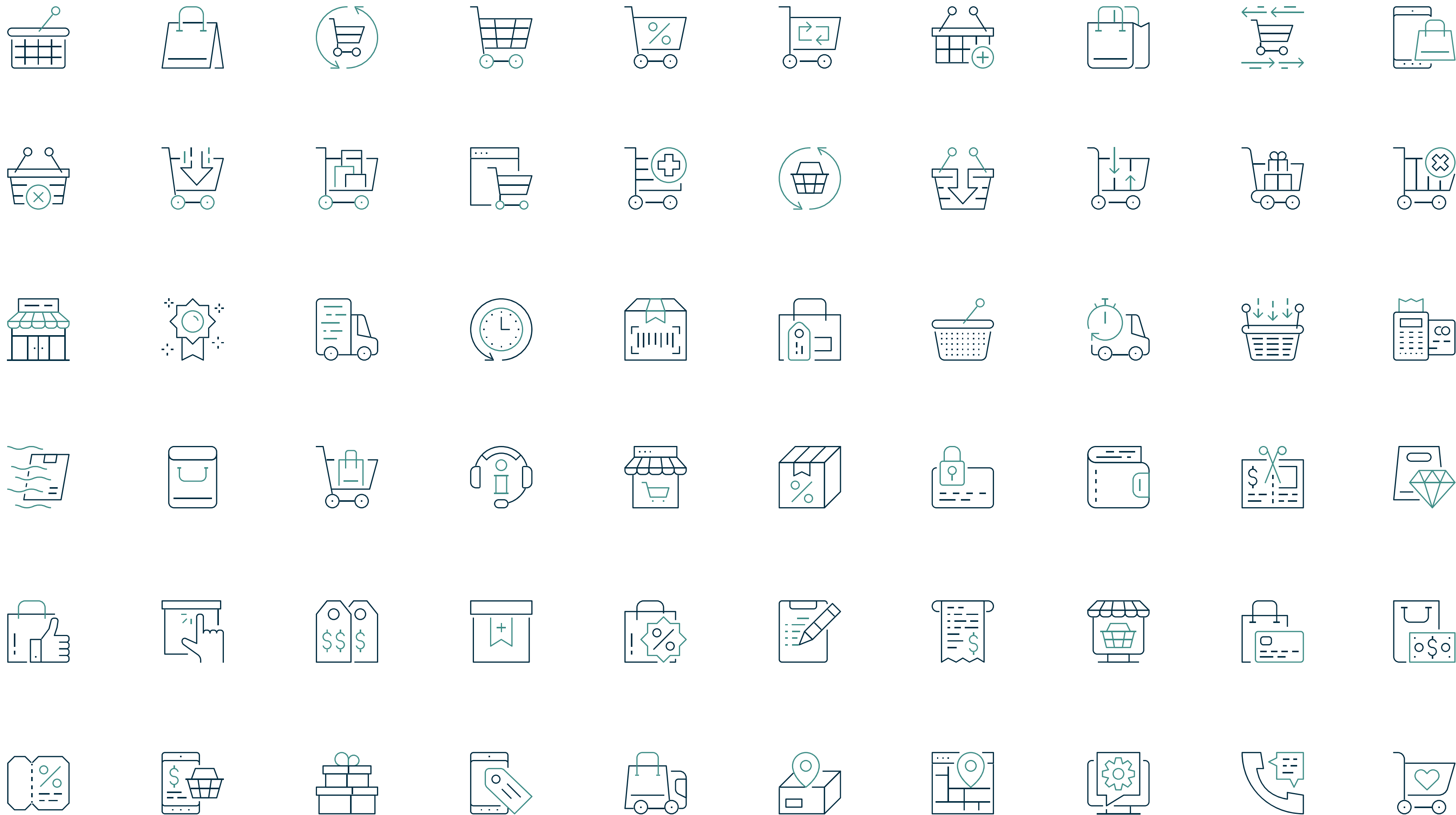
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There are no secrets to success. It is the result of preparation, hard work, and learning from failure.

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