

CALMING METHODS

- ✓ Diaphragmatic Breathing (Belly Breathing)
 - ✓ Progressive Muscle Relaxation
 - ✓ Mindfulness (Noticing Senses, Mindful Eating)
 - ✓ Changing the Image
 - ✓ Journaling 
 - ✓ Supplements (L-Theanine, GABA, Fish Oil, SAME)
 - ✓ Oils (Lavendar, Chamomile)
 - ✓ Exercise (Yoga, Martial Arts, Boxing, Chi Gong, etc.)
- 
- ✓ Sleep (8-10hrs.)



DIAPHRAGMATIC BREATHING

(Belly Breathing)

Diaphragmatic breathing is a type of breathing exercise that we teach clients on their first visit to promote more effective aeration of the lungs, consisting of moving the diaphragm downward during inhalation and upward with exhalation.

To accomplish belly breathing follow these steps:

1. Breathe in through the nose for five seconds.
2. Hold that breath for two seconds.
3. Breathe out through mouth for six seconds.

*Be aware of the outward and inward movement of your belly.

