

RESET BREATHING

Also known as
Abdominal Breathing



RESET BREATHING

- 1) Place your left hand on your abdomen just below your belly button and your right hand on your upper outer ribcage – RELAX YOUR ABDOMEN
- 2) Breathe in through your nose and fill your lungs slowly saying (RE) in your mind
- 3) Allow your inhalation to expand your abdomen, moving your bottom hand, keep inhaling and then feel a second movement of your outer ribcage expanding.
- 4) Exhale slowly through pursed lips or through your nose, which ever feels more comfortable, saying in your mind (SET) With the next breath we will make it a three-part inhalation saying “RE” in your mind.
- 5) Move your left hand now to your middle upper chest. This time inhale slowly you will feel your abdomen expand (1), your outer ribcage expands (2) and then your upper chest lifts (3).

This is your full RESET BREATH

- 6) Now as you exhale you will feel your upper chest deflate, then your outer rib cage deflate, then your abdomen deflates.

Continue this pattern of breathing for a set of four if you have time, if not one set is enough to instill calm and access your best self.

- 7) Repeat Inhalation parts 1, 2 and 3 (RE) Exhalation deflate part3, 2 and 1 (SET)

YOU HAVE NOW RESET YOUR SYSTEM (ctrl alt del)

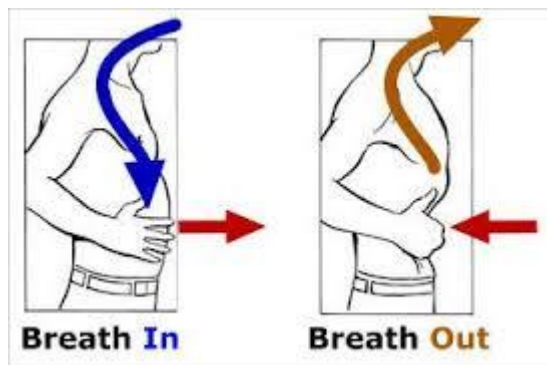


Inhalation

Exhalation

RE

SET



Its allowed to be simple

Practice

Practice

Practice

Your Breathing Anyway

Make it Count

THE MINDFUL NURSE
AUSTRALIA

Using Mindful
Meditation &
Conscious
Breathing
Techniques that
stimulate the Vagus
Nerve and activate
the
Parasympathetic
Nervous System.
The Aim is to
induce Calm,
restore Balance and
promote optimistic
conditions for
Healing and Well-
Being.

