

Diaphragmatic Breathing

Gently place your palms on your belly near your navel. Begin noticing your breathing. Not breathing up in your shoulders, but rather way deep down in your belly. Feel the rise and fall of your abdomen with each breath you take. That's right. Breathing way down deep in your belly.

Breathe in comfort. And breathe out stress. . . .

(Time your words with the patient's breath. Go slow and pause frequently. Accentuate words like "down" and "deeper".)

Breathe in relaxation. And let go of tension. . .

(Pause for several cycles of breathing.)

Allowing your breath to take you down, deeper and deeper relaxed.

Strong with the breath in and calm with the breath out.

Perhaps you are beginning to notice that each time you let go of a breath, you let go of a little muscle tightness.

(Pause and wait for the next exhalation.)

You let go of a little muscle tension. That's right.

Good. Allow your breath to take you deeper and deeper relaxed.

As you breathe in – think RE. . . and as you exhale – think LAX

RE. . . . LAX. . . .

(Pause for several cycles of breathing.)

Breathing in to the count of 3, . . . and breathing out to the count of 5

Going deeper and deeper relaxed. . . . That's right you are doing this very well Sinking into comfort with each breath that you

take More and more relaxed. . . . More and more comfortable Just breathing will do that . . . Something that you already know how to do . . . Something you already do so well. . . .

You have learned something very important here today (Pause, to arouse curiosity.) . . . And that's . . . that you have the ability to give yourself a gift, . . . a gift of this experience. . . whenever and wherever you want or need to. . . no matter where you are or who you are with. . . . Anytime in the future that you would like relief from stress or tension, anytime you would like to feel a greater sense of control . . . of calm, . . . or of comfort. . . All you need to do, is to focus on your breathing.

Begin breathing way down deep in your belly. Strong with the breath in and calm with the breath out. . . . Slow and deep. . . Breathing in comfort and exhaling stress. Breathing in confidence and letting go of tension. Allowing your breath to take you deeper into relaxation.

It is a gift that you give yourself because you deserve it. And you may be surprised to notice that each time you practice doing this, it becomes easier and easier and you can find that inner place of calm and comfort even more quickly. It is a gift that you give yourself.

Linda Thomson
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