# Stress Relief Breathing

This playbook describes the steps necessary to use yoga breathing techniques, known as pranayama, to alleviate stress and achieve a relaxed state of mind. These methods are aimed at helping individuals manage stress through controlled breathing.

### Step 1: Preparation

Find a comfortable and quiet space where you can sit or lie down without interruptions. Wear comfortable clothing that doesn't restrict your breathing.

### Step 2: Posture

Sit in a comfortable position with your back straight or lie down flat on your back. Close your eyes to eliminate visual distractions and relax your muscles.

### Step 3: Awareness

Take a moment to become aware of your natural breath. Notice the depth, rhythm, and pace of your breathing without trying to change it.

### Step 4: Inhalation

Slowly inhale through your nose, filling your lungs fully. Focus on the sensation of air filling your chest and abdomen.

### Step 5: Pausing

After inhaling, hold your breath for a few seconds. Don't clamp down or force the hold; let it be gentle and comfortable.

### Step 6: Exhalation

Exhale slowly through the nose or mouth, whichever feels more natural, letting the breath out smoothly and completely, noticing the sense of release and relaxation.

### Step 7: Repeat

Repeat this cycle of inhalation, pausing, and exhalation for several minutes. Aim for slow and even breaths, gradually extending the length of each phase.

### Step 8: Reflection

After completing the breathing cycles, sit quietly for a few moments. Observe any changes in your body and mind. Gradually return to your usual activities.

## General Notes