

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

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