



Breathing, it sounds so basic but it is the single biggest thing you can do to break the cycle of unwanted thoughts including anxiousness, guilt, doubt, fear and even cravings. Breathing is our body's emergency override. When we breathe deeply and slowly from our bellies it tells our autonomic nervous system that there is nothing to worry about, that we are safe and within minutes the body chemicals and processes follow.

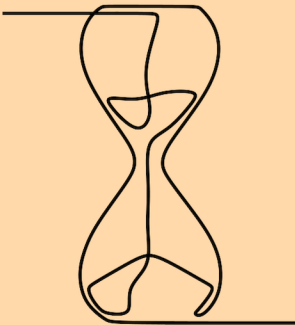
I hear you say, I breathe all the time, well there is breathing and there is breathing. These exercises allow you to apply these techniques in 5 minutes or less. Work with neuro divergence and kids.

10 breaths



1. place a hand on your diaphragm and a hand on your upper chest and watch your hands
2. take a deep breath in focusing on your bottom hand watching it move. Your top hand should stay still
3. hold your breath and release
4. notice the sensations of your lungs expanding and emptying and your rib cage rising and falling
5. repeat this 10 times
6. see if you can notice your thoughts come and go, like leaves floating down a stream
7. expand your awareness to the rest of your body and environment

60 seconds



1. Set a timer for 60 seconds
2. Breathe normally and count your breaths
3. Cut that number in half - that is your goal for the next round
4. Reset the timer, try to slow your breath so you get as close to that goal as possible, counting as you go
5. Repeat the process again (if it is safe to do so)

hand tracing



1. Hold your non-dominant up your hand in an open wave facing you
2. Make a pointer finger out of your dominant hand and place the point on the outside of your thumb in your wave hand
3. As you slowly breathe in trace your finger up the outside of your thumb
4. When your finger reaches the top of your thumb, hold your breath for 3 - 5 seconds
5. Trace your finger down the other side, exhaling slowly
6. When you finger reaches the bottom, hold your breath for 3 - 5 seconds
7. Now repeat, tracing up and down your index finger, then middle finger, then ring finger and finally pinkie with a big exhale to end