

CONSCIOUS BREATHWORK

JUDY K MARTENE



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It is necessary to regard the breath as a vital living tool, because this is our ideal state of well being.

We forget to breathe when we are stressed out.



When we forget to breathe properly all our physical systems will be in crisis.

Most of the time we are breathing from the upper chest which is like that flight or fight syndrome because we are in a constant state of stress.

Deep breathing has become an increasingly important tool in recovery from depression and anxiety, and many researchers have recognized that shallow breathing may contribute to instant panic.

Our solar plexus becomes tight, our shoulders are tense and headaches can occur with mental and emotional anguish.

Did you know that deep breathing is one of our easiest, most convenient and natural tools to combat issues like stress and anxiety, pain, high blood pressure and digestion?

We want the body to be in complete homeostasis for ideal health.

Deep focused breathing is used for meditation, and yoga, which connect you to your higher self.

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Deep breathing is something we need to tune into, adapt and put into practice for complete health - body, soul and spirit, reversing the myriad problems caused by chronic stress.

I know we're living in unprecedented times and experiencing things that have turned our worlds upside down and inside out.

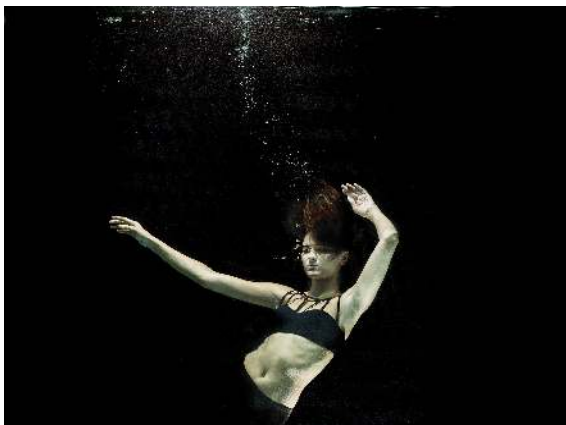
We are confused, depressed and admittedly fearful at times, feeling lost because we don't know where all this is going.

Anxiety is at an all-time high as the numbers and reports come rolling in.

Mental health cases have risen to a critical mass.



Depression is rampant throughout most households.



Suicide numbers are increasingly high.

A general feeling of hopelessness abounds.

Poor physical health is taking a toll on many as we learn to live with this pandemic.

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The inability to mourn our loved ones who have passed during this time has deepened our despair.

Weddings have been postponed leaving the fairy tales untold.

There is no manual written for what we're going through, what we're experiencing and what's coming next.



This adds to our mental health stress and makes us feel vulnerable to the unknowns.



And we're doing it alone.

And pretty much everything is different in our lives and in our world. We have been so stressed out with the chaos that we are suffering emotionally.

And our health systems are not equipped to deal with the results of this isolation, illness and terror.

Learning has literally worn us out, emotionally, mentally, physically and spiritually.

We don't know what to do and where we can get help to alleviate our despair.

And, we don't know where we can turn to get answers for our questions or hope to counter our distress.



Breathe - Staying Calm in Times of Chaos

We take for granted that breathing just happens on its own, which in essence it does. But with little effort we can learn to breath intentionally and harness the healing power of breath.



You can teach yourself to reach out and connect.

Conscious breathing allows us to come back into connection with higher powers, being conscious of your breath is extremely empowering, as it puts you in direct contact with your intuition.

You can turn inward, to your God Source, to a social worker, to a life coach, support groups, family members, professionals and trusted friends These are always available to everyone. Most, free of charge.

One thing we can do is practice self care and realize how innately important it is.



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A few examples of simple self care might be:

- Take a home spa. Have a long bath or shower, sit around in your bathrobe, and read uplifting magazines.
 - Get down and boogie. Put on your favorite upbeat record and shake your booty.
 - Take 5 intentional deep breaths with your eyes closed a few times a day wherever you are.
 - Have a good belly laugh. Find a video that makes you laugh and then watch some more.
- Go outside wherever you are for just a few minutes. Look up at the sky, touch a tree, connect with nature.
 - Don't take everything so seriously. Don't be afraid to give yourself the chance to be more playful and relaxed.
 - Turn off your phone and all social media for 1 hour and feel the freedom.

We must teach ourselves to reach out and connect through the means we currently have available, such as:

- Zoom, social media, telephone, letter writing, email, skype and video chats.

You may be feeling like you have lost all hope for things to feel normal again.

Feelings of despair and helplessness are evident in our daily lives.

It seems the harder we try the worse it feels.

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Staying Calm?



How do we stay calm?

How do we cope?

- Take a quick nap. Ten to twenty minutes can reduce your sleep debt and leave you ready for action.

What does that feel like?

Do you even remember the last time calmness and peace were a part of your life?

And breathing is usually the last thing we consider.

But what if I were to tell you that your breath is really The Breath of Life?

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Breath has the power to heal.

This breath of life can heal, guide and support you through anything in your life- spiritually, physically, mentally and emotionally.

We typically take our breath for granted, breathing from the upper chest. This can trigger our flight or fight syndrome and leave us in a state of high anxiety and constant stress.

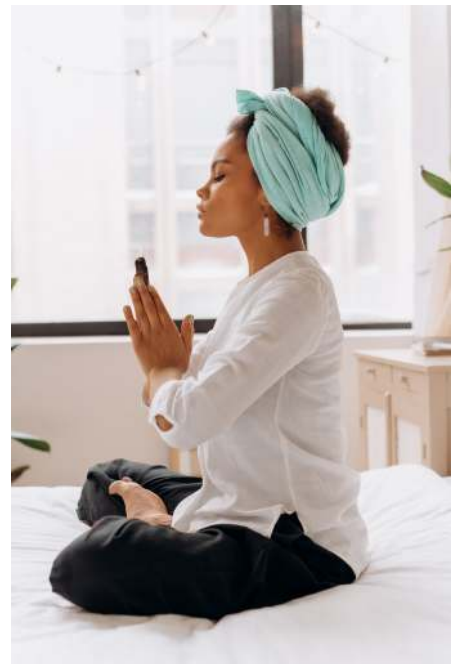
Here is a simple but effective breathing exercise that will help you focus on the positive and let go of the negative.

Intentional breathing...long and deep.

In with the good through the nose. Out with the bad through the mouth.

Breath in peace through the nose. Breath out stress through the mouth.

Deep breathing should be slow and gentle. Remember to fill the abdomen, not just the chest with the in breath, A simple way to make sure you are doing this is to place one hand on your stomach and one on your chest. Breathe deeply and make sure the hand on your stomach is rising with the in breath. Sometimes it is easier to lie down or sit comfortably in a chair.



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Intentional deep breathing can stop panic attacks with concentrated conscious focus.

Use your breath to heal and uplift your energy.

So, what are you waiting for? Take a deep breath in... And out! Feel the difference?



**If you are struggling with your stress levels, then
BOOK a SESSION with me.
[Learn more](#) here.**

**For more information visit our website
judymartene.com**

