



READY AND RELAXED

Using the science of Breathe to hack your nervous system, decrease stress, and improve your life



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Owner of Archetype Health. Developmental Neuroscience, Chiropractic, Nutrition, Muscle therapy, Exercise, and Movement therapy,

Certified in the Melillo Method, Primitive Reflex 101, and Webster technique.

In my free time I love to read/listen to books, color, and eat delicious food.





"There are as many ways to
breathe as there are foods to
eat."



GOALS

- To Give a technique you can use immediately to reduce stress
- To give you simple, usable, and customizable techniques that you can use anytime or anywhere to help you manage your stress and improve your overall well being

***Everyone has heard, "take a deep breath and relax",



BREATHING

- Everyone breathes
- Most of the time we are unaware of how we are breathing and we are breathing ineffectively
- Breathing reflects what is going on in our nervous system
- Altering our breathing changes how we function and how we experience our environment
- Maintaining homeostasis
- Increase life expectancy
- Bridges the gap between conscious and unconscious



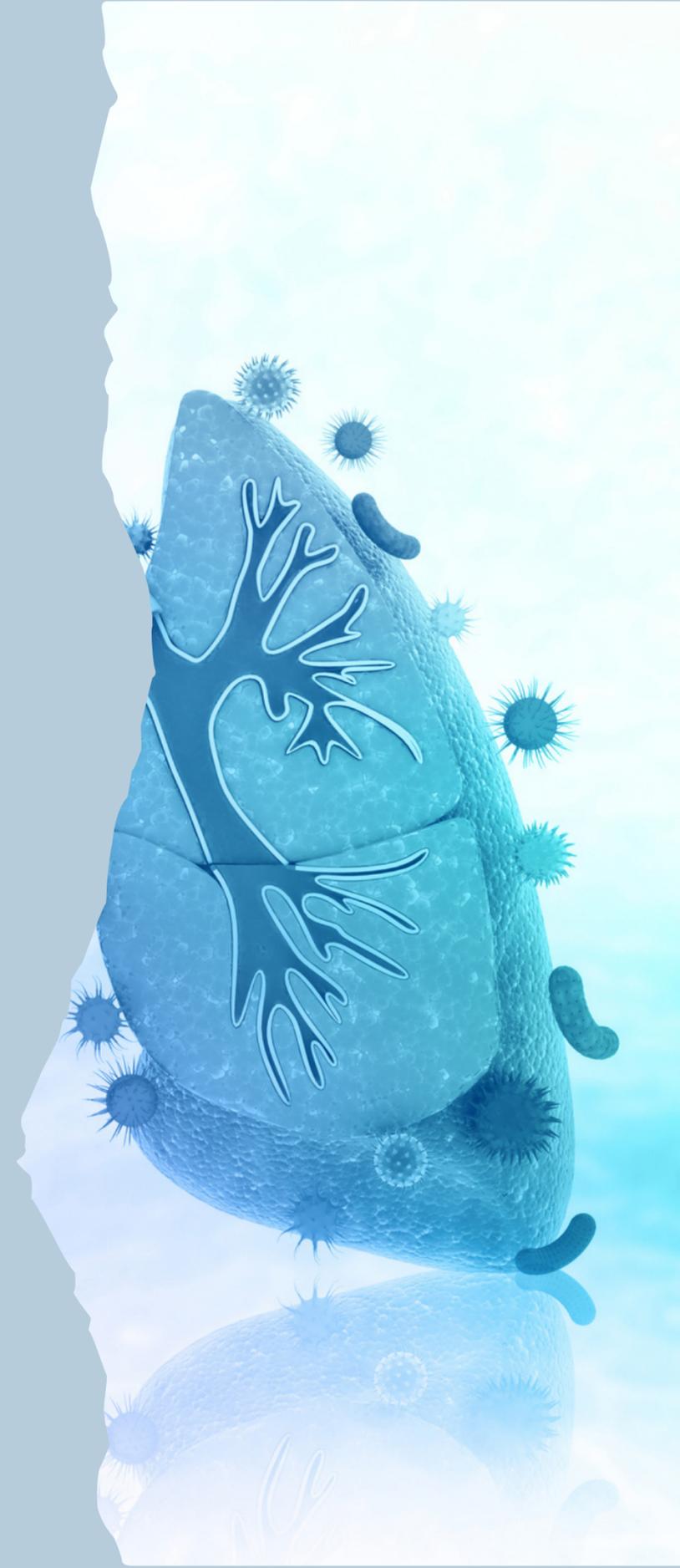
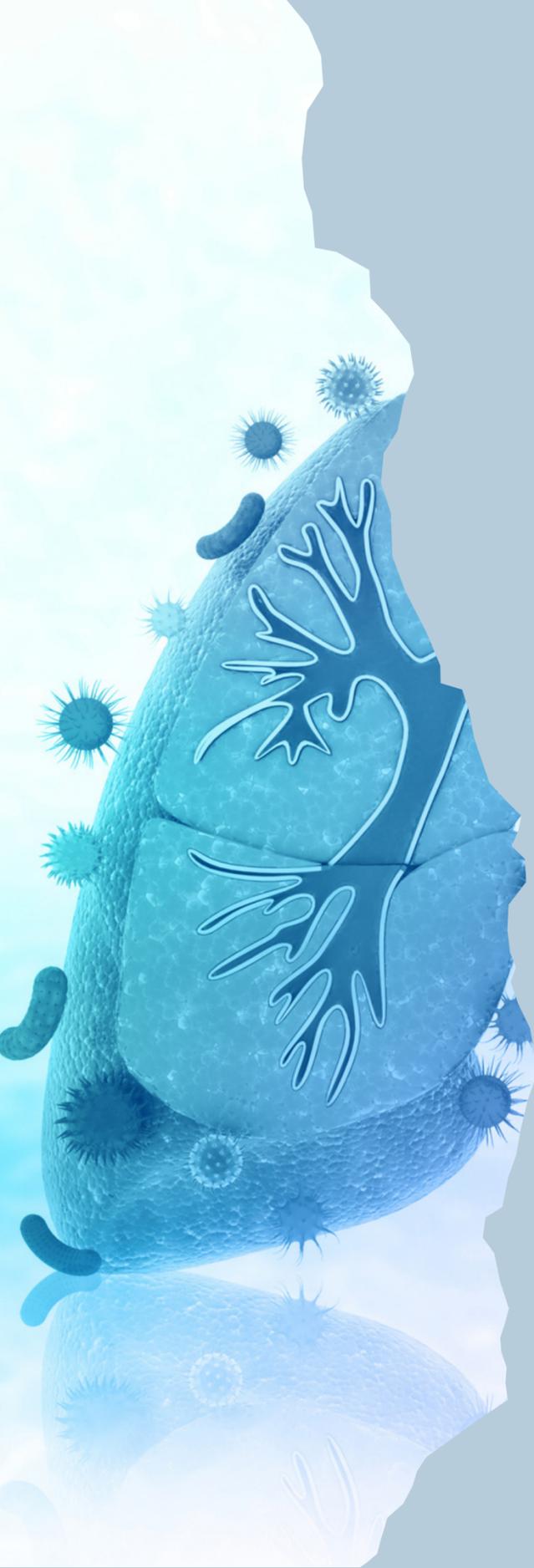
WITH BREATHING YOU CAN

- Improved oxygen efficiency
- More blood flow to you brain
- improved HRV
- enhanced function of bioreceptors
- improve digestion
- support the immune system
- reduce anxiety
- Help manage pain

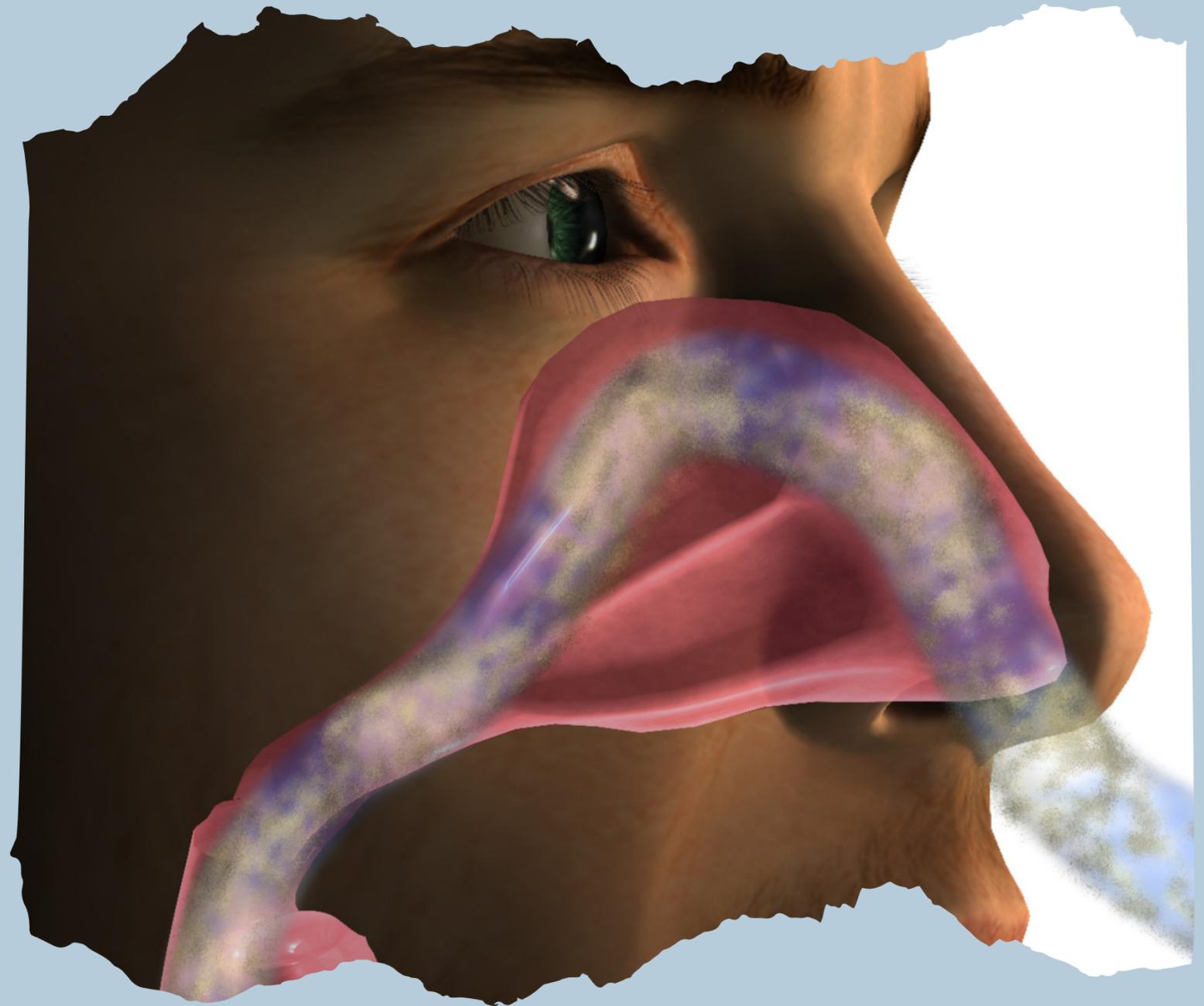


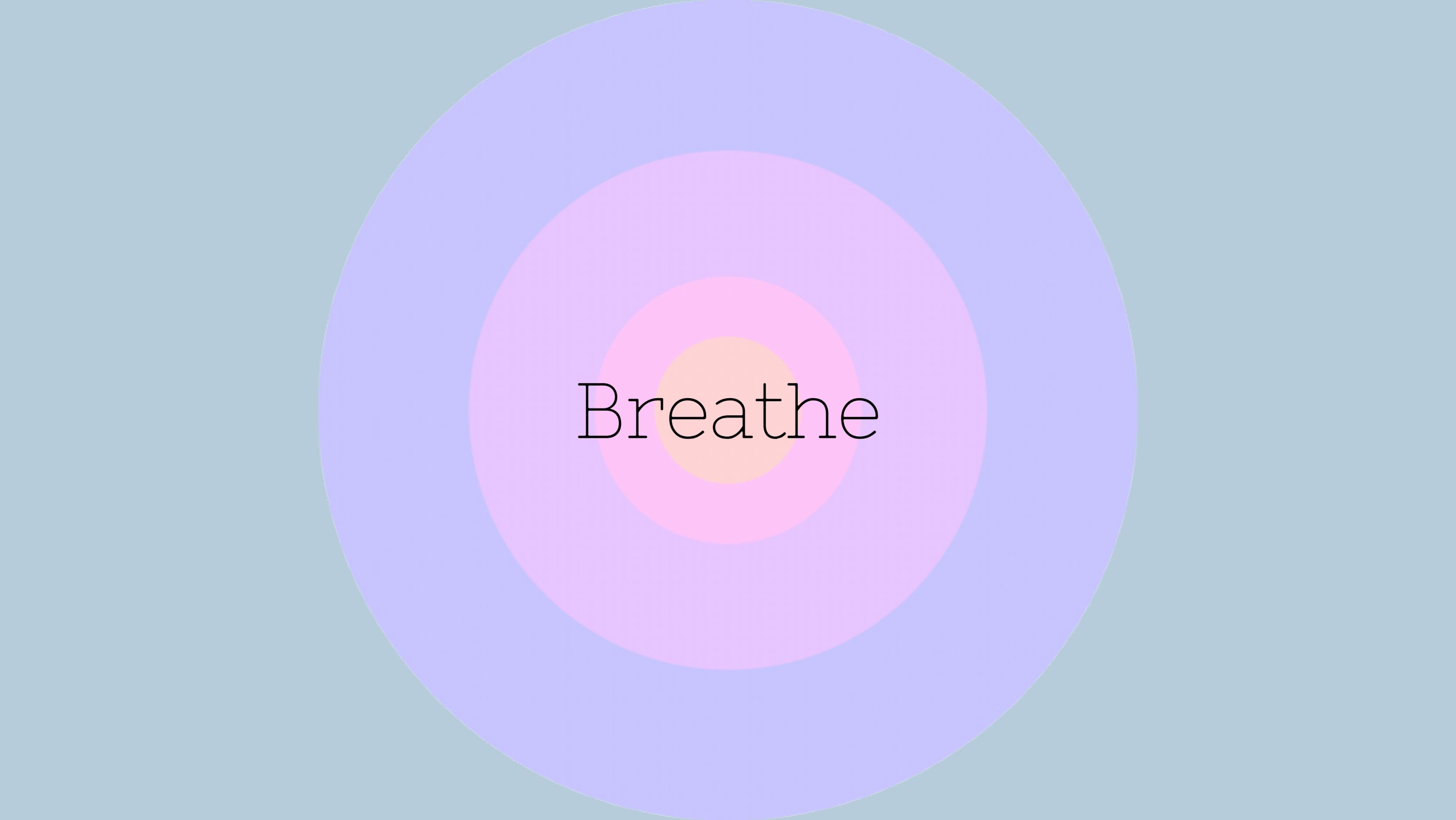
HOW ARE YOU BREATHING?

Is your mouth open or closed?
Is your tongue resting at the roof of your mouth or somewhere else?
Does your upper chest move or belly?
short breaths or long breaths?
shallow breaths or deep breaths?



BREATHING
THROUGH THE
NOSE



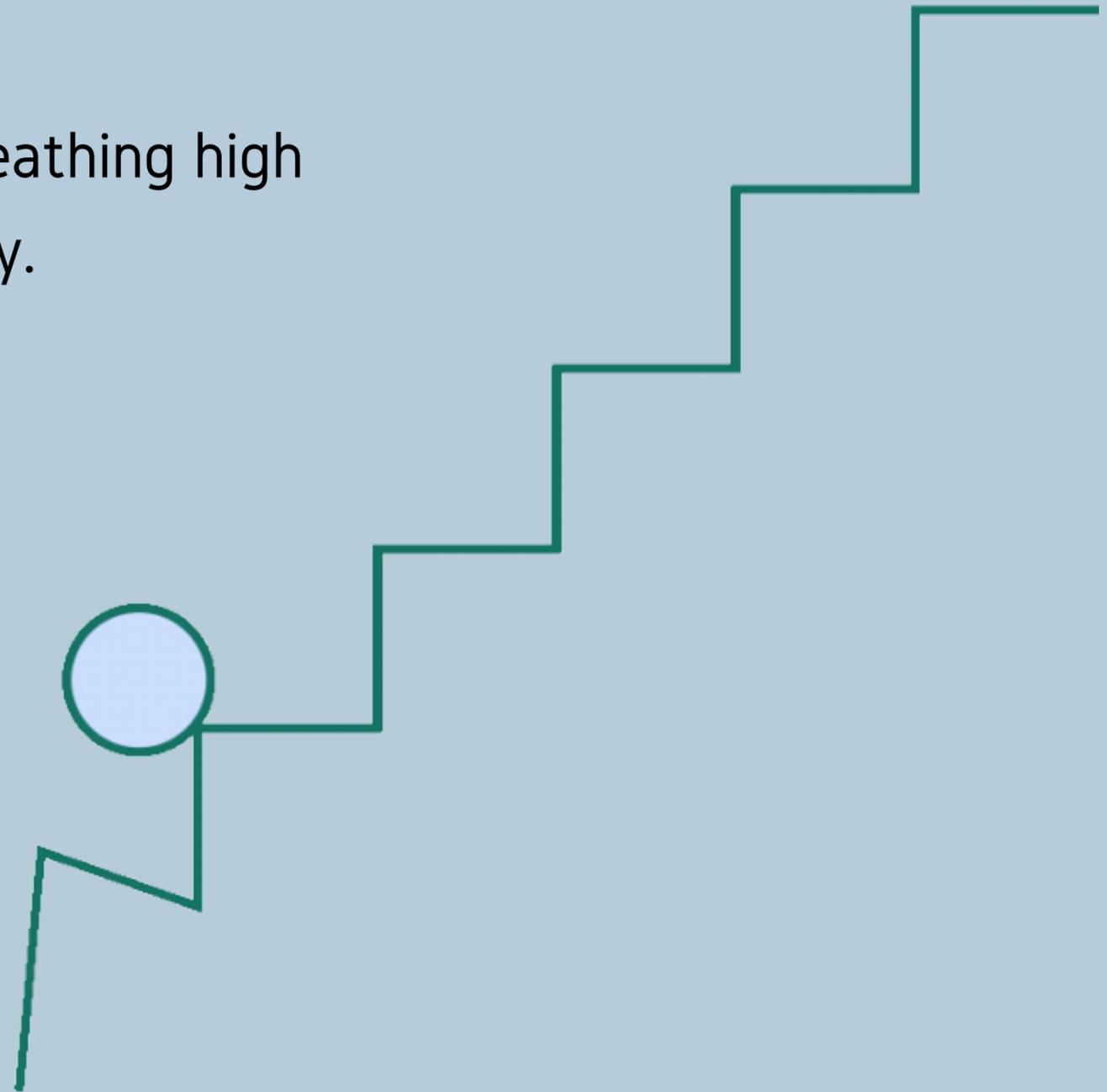
The image features a central graphic consisting of four concentric circles. The innermost circle is a light orange color. The second circle is a light pink color. The third circle is a light purple color. The outermost circle is a slightly darker shade of light purple. The word "Breathe" is written in a black, monospaced font, centered within the circles.

Breathe

Top of Inhale tension

Most people have built into their breathing high levels of muscle tension unconsciously.

Awareness is key to making change.





CONTROLLED PAUSE

Relax for a few movement before doing this

Best time is soon after waking

Don't do it after exercising or after you just eat

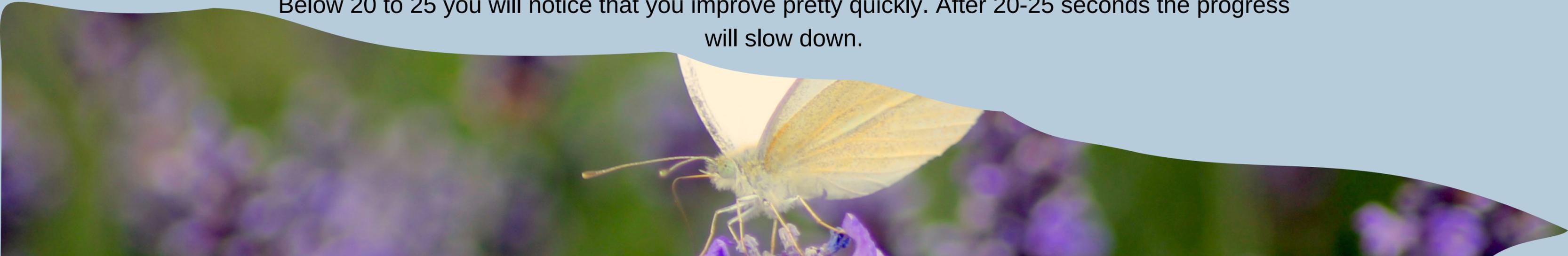
Take a normal breathe in and a normal breath out through your nose with your mouth closed

Pinch your nose and hold your breath

Time the seconds before you have your first really urge to breathe: It could be a desire to breathe, a flutter of diaphragm or a swallow.

Be honest with yourself

Below 20 to 25 you will notice that you improve pretty quickly. After 20-25 seconds the progress will slow down.





CADENCE

5.5 - 6 breathes is optimal
(restorative breathing or coherent
breathing)

- 5.5 inhales
- 5.5 exhales
- 5.5 minutes

- HRV
 - higher fluctuation
 - lower fluctuation

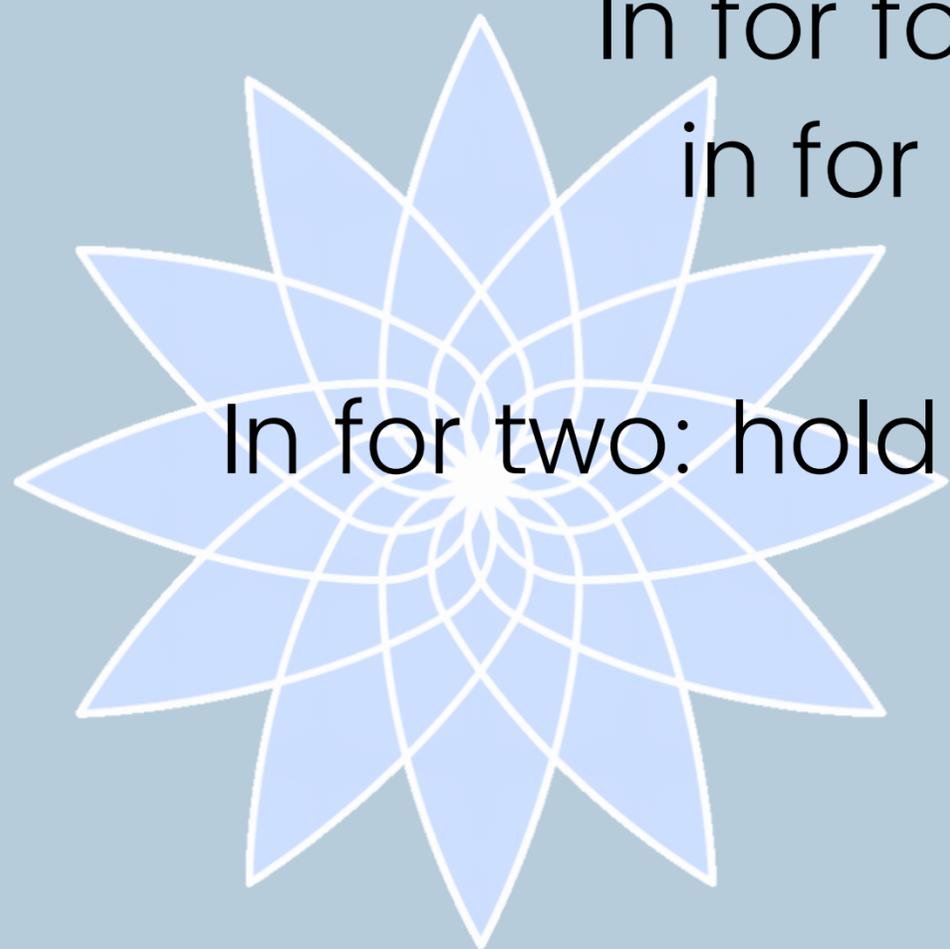
Ten Second Candence

in for five: out for five - no pause

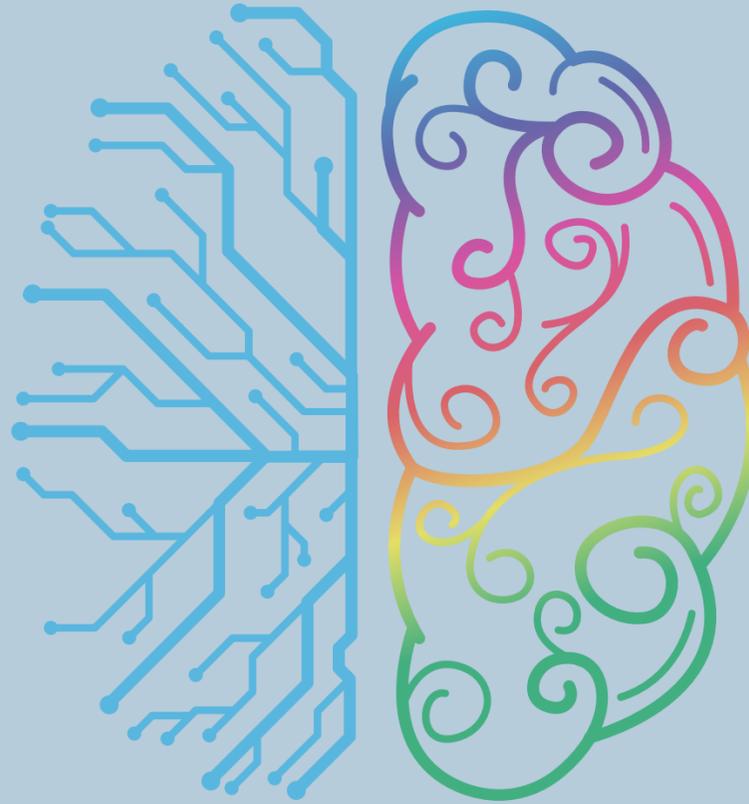
In for four: out for six - no pause

in for four: out for five: pause

In for two: hold for two: out for four: hold for two



TWO BRAINS AND THE NASAL CYCLE



RIGHT NOSTRIL

The gas petal

LEFT NOSTRIL

The breaks



The Right Nostril

The gas pedal
speeds up circulation
increase temperature
increases cortisol levels
increases blood pressure
increases heart rate
sympathetic nervous
system
increases alertness
increases readiness

The Left Nostril

The brakes
slows down circulation
Cools the body
decreases cortisol levels
reduces anxiety
lowers blood pressure
decreases heart rate
More parasympathetic
nervous system
decrease stress and anxiety
promote digestion



Alternating Nostril Breathing Techniques



1. Take a comfortable and tall seat, making sure your spine is straight
2. Bring your right hand just in front of your face.
3. With your right hand, bring your pointer finger and middle finger to rest between your eyebrows, lightly using them as an anchor. The fingers well be actively using are the thumb and ring finger.
4. Close your eyes and take a deep breath in and out through your nose.
5. Close your right nostril with your right thumb. Inhale through the left nostril slowly and steadily.
6. Close the left nostril with your ring finger so both nostrils are held closed; retain your breath at the top of the inhale for a brief pause.
7. Open your right nostril and release the breath slowly through the right side; pause briefly at the bottom of the exhale.
8. Inhale through the right side slowly.
9. Hold both nostrils closed (with ring finger and thumb).
10. Open your left nostril and release breath slowly through the left side. Pause briefly at the bottom.
11. Repeat 5-10 cycles, allowing your mind to follow your inhales and exhales.

The Physiological sigh



Two inhailes through the nose, followed by a long exhale through the nose or pursed lips

The Primitive Brain

MIDBRAIN

Increase Sympathetic Tone and Global Flexor tone

- Breathing- Holds
- Air Hunger

PONS

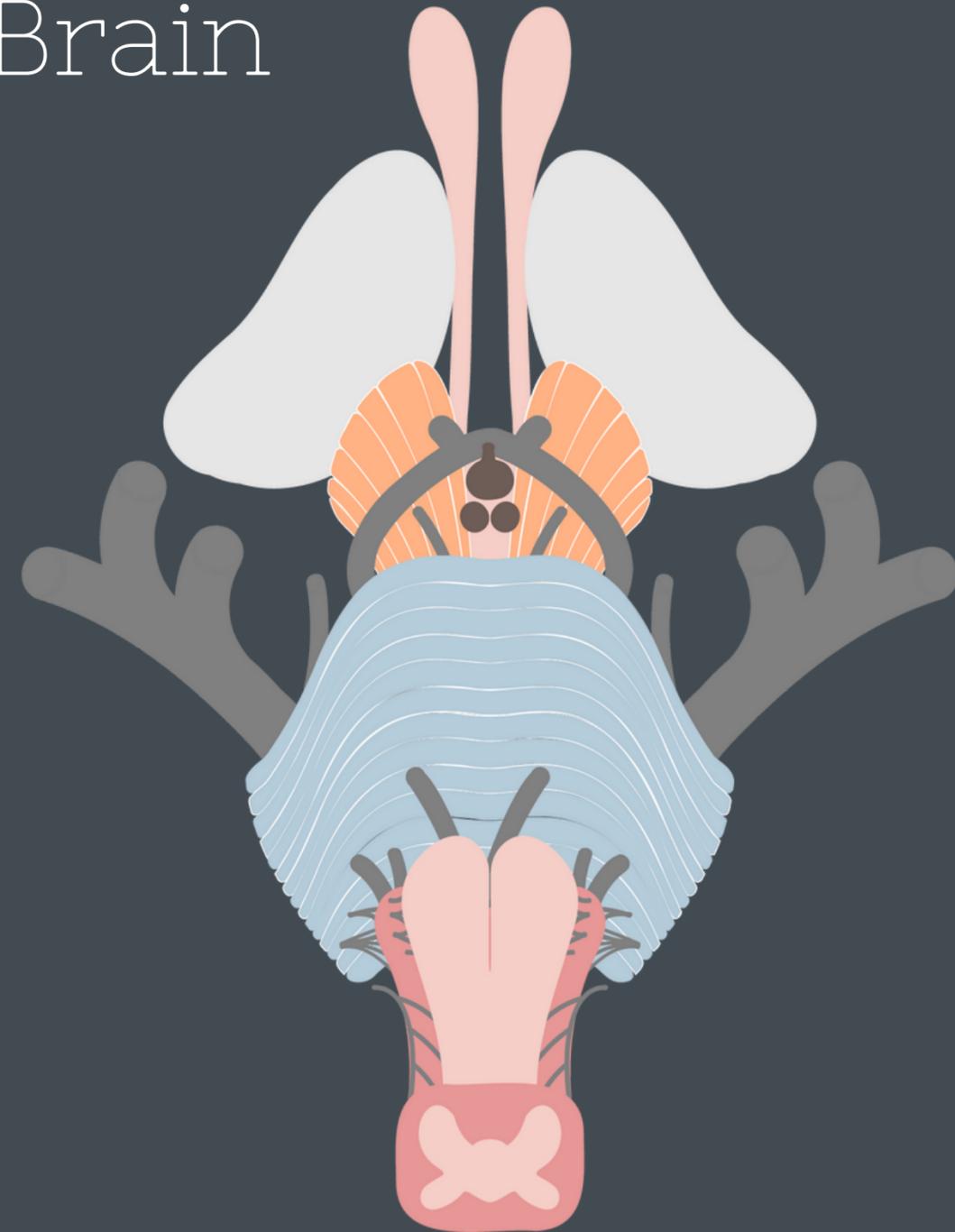
Decrease Sympathetic tone Activity and Increase Extensor tone

- Deep Inhalation
- Slow Breathing (6 breaths per minute)

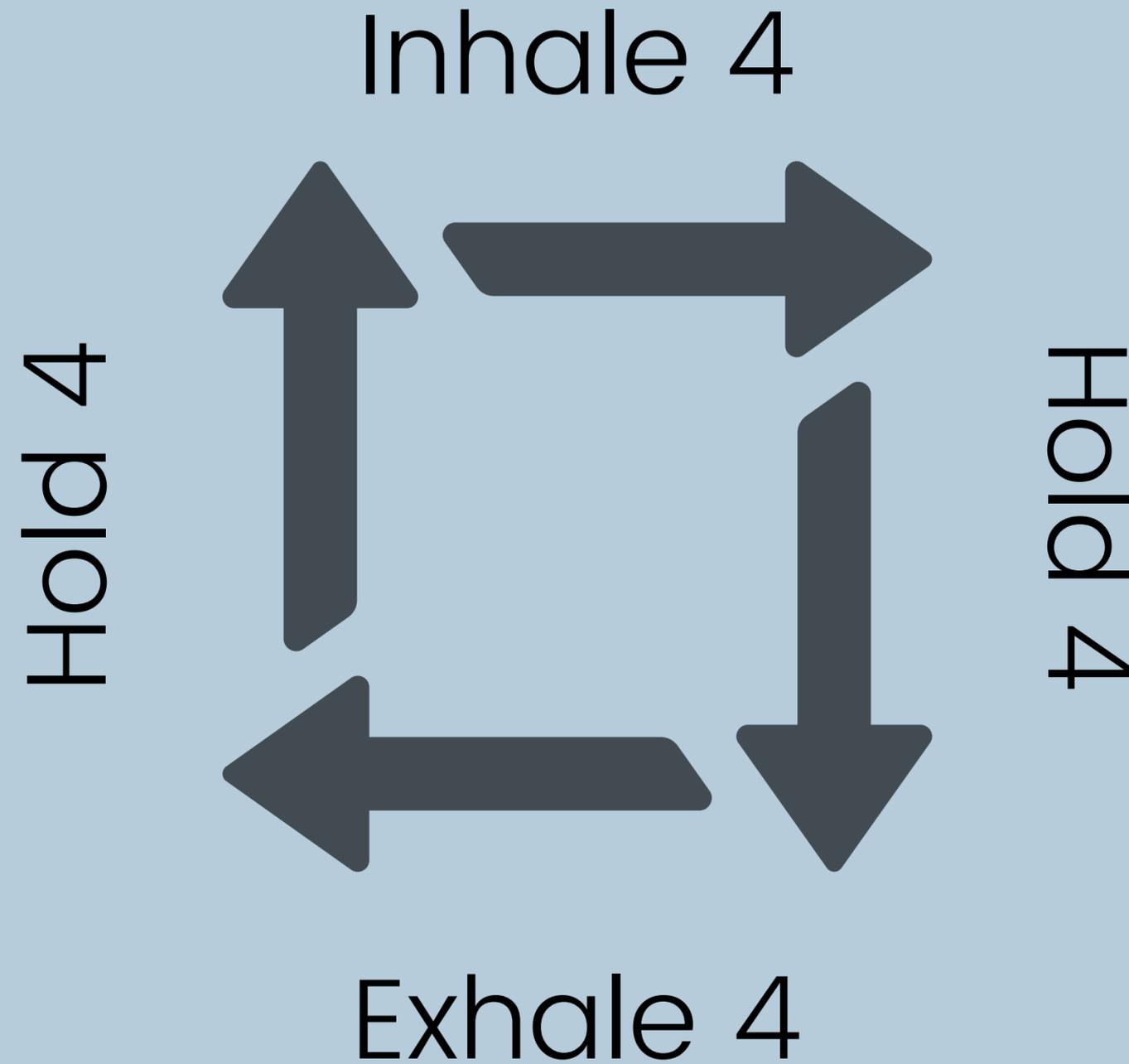
Medulla

Decrease Sympathetic Activity and Increase Flexor tone

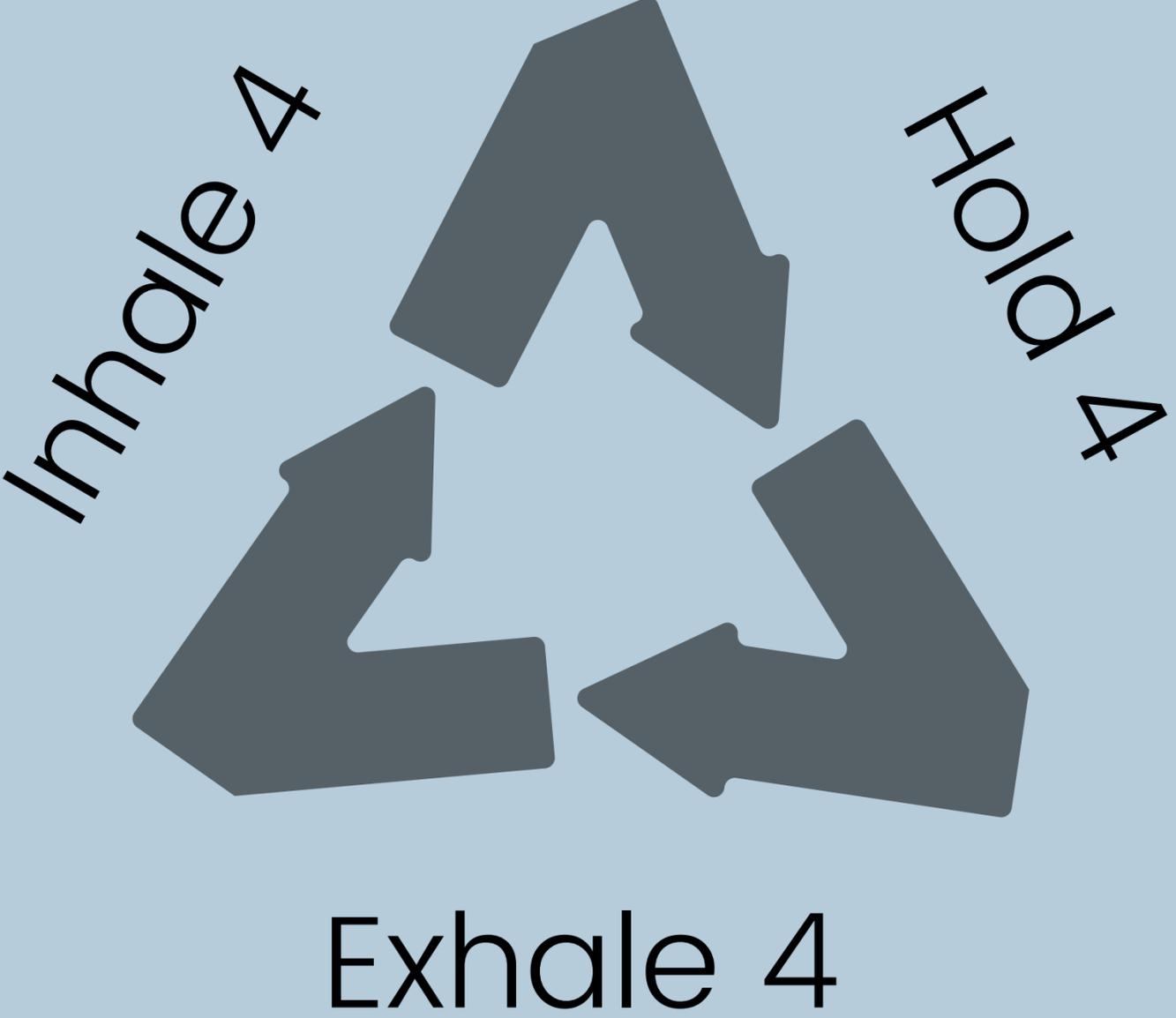
- Force Exhalation
- Blocked Inhalation



BOX BREATHING



TRIANGLE BREATHING



4-7-8 Breathing

- empty the lungs of air
- breathe in quietly through the nose for 4 seconds
- hold the breath for a count of 7 seconds
- exhale forcefully through the mouth, pursing the lips and making a “whoosh” sound, for 8 seconds
- repeat the cycle up to 4 times

Alternative Pattern

- breathe in through the nose for 2 seconds
- hold the breath for a count of 3.5 seconds
- exhale through the mouth for 4 seconds



A close-up, profile view of a woman with long dark hair, wearing a green tank top. Her hands are gently placed over her chest, and she is looking towards the right. The background is a bright, hazy outdoor setting, possibly a field or park, with soft sunlight filtering through. The overall mood is peaceful and grateful.

THANK YOU!