

## Breath at Work

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### @ Heart Breathing – [www.heartmath.org](http://www.heartmath.org)

1. Take in a nice deep breath to the count of five....hold to the count of five...release the breath to the count of five.
2. Take in a nice deep breath to the count of five....hold to the count of five...release the breath to the count of five.
3. Now, with this third breath...first imagine something that you love that brings you great JOY and peace...as you breathe in, imagine you are breathing in that image... release the breath to the count of five. Enjoy the relaxation you feel.

### @ Using breathing to unite, focus and set intention - Before diving in to start a meeting, a phone call or a conversation, have everyone take a nice, deep cleansing breath. Have them imagine releasing anything before the current moment and anything after the meeting, call or conversation. Have everyone state their intention for the meeting. Then DIVE IN...

### @ Breathe to start the CENTERing process

**C**alm – Take a Breath and go to some place you find calming

**E** – Evoke Higher Self

**N** – Come from a Neutral and Compassionate perspective

**T** – Today's Intention – Look at the intention you had set for this meeting, call or day (see *Your Best Work* sheet)

**E** – Evaluate how you are how doing based on the intention you set

**R** – Release what doesn't serve you – Realign with your intention or update if you have new information – Reenter your life

Ⓜ **Take short relaxation breaks to let go of tension.** It is difficult to sustain high levels of activity and stimulation, especially at holiday time, without taking some “down time” to restore yourself. This is easy to do when you remember to use your breath as your guide. Whenever you notice you are getting stressed or anxious, simply (1) stop and pause for a moment, (2) take in a deep breath, and (3) slowly exhale, releasing any tension you may be carrying. Use spare moments throughout the day to breathe away tension or to recall pleasant images and memories that will help soothe you. You can also practice relaxation guided imagery to calm your mind and body. By reducing your overall anxiety level in these ways, you will be better able to cope with the pressures of the holidays. **Top Ten Relaxation Tips for Reducing Holiday Stress by Bryan Brewer, Self-Guided.com**

Ⓜ **Color Breathing for Health:**

1. **Blue** – calming
2. **Green** – healing
3. **Pink** – love
4. **White** – spirituality
5. **Purple** – self mastery
6. **Yellow** – mind stimulating
7. **Violet** – rising above situation



Ⓜ **Supporting people in Crisis**

Start breathing at the pace they are breathing...and keep slowing it down until you are at a calm normal pace

Ⓜ **Critical thinking and decision making, opening to intuition**

Breathing brings in oxygen to make clear decisions and a breath opens the channel to global wisdom as well as your own internal wisdom.

Ⓜ **Staying in the moment**

*“The present moment is holy ground.”* Alfred North Whitehead

Here are some mantras/affirmations to help you stay in the moment, breathe in “I am calm” breathe out “I am taking conscious action”.

Ⓜ **In Case of an Emergency Process – Instant Calm by Paul Wilson**

1. Mentally reassure yourself that good breathing is the most effective way to control feelings of stress and anxiety.
2. Go somewhere quiet –even the bathroom will do in a pinch – take 30 seconds to gather your thoughts and to think about what you’re going to do.
3. Stand as erect as you can; feet flat, shoulders square, chin high.
4. Try to clear your mind – completely blank out all thoughts – for a few minutes.
5. If you feel comfortable doing so, assure yourself out loud that you are feeling calm, you are feeling relaxed, and you are a person at peace.

**🌀 Breathing vision into your life**

For 33 seconds focus you breathing on what you want to create...be laser focused...ask to KNOW your next step towards your goals.

**🌀 Creating YOUR WAY**

KNOW who you are and why you are here. Use your intuition and build it up. Set up action plans and let the answers unfold. Find ways to live in faith and build your hope skills. Be as loving to yourself as you would be to a child you love. Be bold. Be courageous! And TAKE ACTION!!!

"Life shrinks or expands according to one's courage." Anais Nin

**What is your ACTION PLAN to use Breath at Work?**

- 1. \_\_\_\_\_  
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- 2. \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
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Your next  
*step...*

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\_\_\_\_\_  
\_\_\_\_\_

**Resources:**

Drawing Your Boundaries with Grace by Amy Lynn Frost with Judy Takano  
*Full-Catastrophe Living: Using Your Body and Mind to Face Stress, Pain and Illness* by Jon Kabat-Zinn  
 Hope Skills, Sep 99, Nursing. Springhouse, Frost, A.L. & Smith-Stoner, M.  
 Living in Balance by Joel and Michelle Levey  
 Rain on Me – Devotions of Hope & Encouragement for Difficult Times by Holley Gerth  
 Thriving at Work --Visualizations for People in the Real World (CD) by Amy Frost  
 When Work Isn't Working by Amy Lynn Frost and Ann Ronan