

# BREATHING EXERCISES GUIDE

**BELOW ARE SIMPLE YET EFFECTIVE DEEP BREATHING EXERCISES TO HELP YOU FIND PEACE AND CALMNESS AMIDST THE SENSORY STIMULATION OF WORSHIP.**



## 01 BELLY BREATHING

- Sit comfortably with your spine straight and shoulders relaxed.
- Place one hand on your chest and the other on your abdomen.
- Inhale deeply through your nose, allowing your abdomen to rise as you fill your lungs with air. Feel your hand on your abdomen move outward.
- Exhale slowly through your mouth, pushing out as much air as you can while contracting your abdominal muscles. Feel your hand on your abdomen move inward.
- Repeat this breathing pattern for several breaths, focusing on the rise and fall of your abdomen.

## 02 ALTERNATE NOSTRIL BREATHING

- Sit comfortably with your spine straight and shoulders relaxed.
- Place your right thumb over your right nostril and your ring finger or pinky finger over your left nostril.
- Close your right nostril with your thumb and inhale deeply through your left nostril.
- Close your left nostril with your finger and exhale slowly through your right nostril.
- Inhale deeply through your right nostril, then close it with your thumb and exhale through your left nostril.
- Continue alternating nostrils with each breath, focusing on the sensation of air entering and leaving your body.

## 03 BOX BREATHING

- Find a quiet and comfortable place to sit.
- Close your eyes and take a deep breath in through your nose for a count of 4 seconds.
- Hold your breath for a count of 7 seconds.
- Slowly exhale through your mouth for a count of 8 seconds, making a whooshing sound.
- Repeat this cycle for at least 4 breaths, allowing each exhale to release tension and stress.

## 04 4-7-8 BREATHING

- Find a quiet and comfortable place to sit.
- Close your eyes and take a deep breath in through your nose for a count of 4 seconds.
- Hold your breath for a count of 7 seconds.
- Slowly exhale through your mouth for a count of 8 seconds, making a whooshing sound.
- Repeat this cycle for at least 4 breaths, allowing each exhale to release tension and stress.

## 05 GUIDED VISUALIZATION BREATHING

- Sit in a comfortable position, closing your eyes and taking a few deep breaths to relax.
- Imagine yourself in a peaceful and serene place, such as a beach, forest, or mountaintop.
- With each inhale, visualize yourself breathing in positive energy, calmness, and serenity.
- As you exhale, imagine releasing any tension, stress, or negative emotions from your body.
- Continue this guided visualization for several minutes, allowing yourself to immerse fully in the tranquility of your imagined surroundings.

*These breathing exercises can be incorporated into your worship routine to help you find inner peace and connection with the divine. Take a few moments during worship services to practice these techniques, and feel free to adjust them to suit your preferences and comfort level. Remember, deep breathing is a powerful tool for managing sensory sensitivities and enhancing your overall well-being.*

Learn more about how you can support those with Sensory Sensitivity at [samford.edu/go/sensorsensitivity](https://samford.edu/go/sensorsensitivity)

