



Mills Medical Support Clinical Hypnotherapy

FULCRUM



## **Simple Steps to Learn Diaphragmatic Breathing**

### ***Week One, days 1 & 2***

Begin to breathe slowly and deeply through your nose and out through your mouth in a steady rhythm. When you are ready, close your eyes. Concentrate on your breathing, focus on the temperature of the air moving in through your nostrils, then notice the temperature of the used air leaving your body through your mouth. Go through this cycle 20 times, four times per day.

After completing the cycle of 20 breaths continue breathing slowly and deeply for a few more breaths, then count from 3 down to 1, after saying 1, say in your mind “Fully Alert”, open your eyes give a stretch and smile.

If you are doing the exercise in bed before you sleep, take 3 more slow and deep breaths after the 20 count. As you exhale, say to yourself, in your mind, “Peaceful Sleep Now”, and just let yourself drift into a peaceful sleep.

### ***Week One, days 3, 4, and 5***

Continue the cycle of inhaling slowly and deeply through your nose, but now as you inhale, slowly push your tummy out in time with your inhalation, taking air into your tummy. As you exhale let your tummy retract in time with your exhalation, breathe out deeply, emptying your tummy and lungs completely of your breath, then slowly inhale again keeping a steady rhythm to your breathing. Go through this cycle 20 times, four times per day.

After completing the cycle of 20 breaths continue breathing slowly and deeply for a few more breaths, then count from 3 down to 1, after saying 1, say in your mind “Fully Alert”, open your eyes give a stretch and smile.

If you are doing the exercise in bed before you sleep, take 3 more slow and deep breaths after the 20 count, as you exhale, say to yourself, in your mind, “Peaceful Sleep Now”, and just let yourself drift into a peaceful sleep.

### ***Week One, days 6 and 7***

By now, diaphragmatic breathing should be becoming more and more natural for you to do. It is time to take it to the next level. Breathe as above but let the inhalation last for a count of 5, filling the lungs completely, and extending your tummy. After completion of the inhalation and before you exhale, stop and count naturally to 3, then slowly exhale counting naturally to 7 as you do. Practice this with sets of 5 breaths a few times until you find your own comfortable count rhythm. Once you are confident in breathing this way, start using these count breaths in your minimum of 4 sets of 20 per day.

The more you practice the easier this becomes and the quicker your mind and body will pass into full relaxation.

***Do this breathing exercise at least four times a day, try to do it at the same set times for the full seven days.***

### **WEEK TWO**

Continue practising the count breath at least four times per day.

### **WEEK THREE**

Continue practising the count breath at least four times per day.

### **WEEK FOUR**

Continue practising the count breath at least four times per day.

### **WEEK FIVE**

By now you will have fallen into your own natural diaphragmatic breathing rhythm. It is now time to start using your breathing technique in sets of 5 breaths. You should complete the 5 breaths at least once per hour throughout your waking day. Start and end your day, whenever that may be with a full 20 count set.

### **WEEKS SIX, SEVEN, and EIGHT**

As week five.

## **POST WEEK EIGHT**

Diaphragmatic breathing should now be natural for you. Let yourself fall into your own natural diaphragmatic rhythm, when you are reading, when you study, when you are listening to others, and anytime you just wish to relax. You will now be able to use this form of breathing anytime that you feel under pressure or stress, it will calm you down to where you will be able to deal with any natural situation in the best way you possibly can.

You should reduce your practice breaths to sets of three. You will be able to use these sets of three to help you enter self-hypnosis, or a meditative state, also when you wish to focus on something important. You can use it for studying and concentrating on intricate work. You can use it before and during exams helping you focus on the questions and the answers you give. You can use this breathing technique with all visualisation exercises you have learned. You can use it within sport, and performing arts, to keep you focused and calm helping you achieve your purpose.

But most of all, when you keep using these techniques, it will help you be the best you possibly can be. Over the next few weeks while you work and learn with “The Fulcrum Balance” team, you will also learn why that is so.

Paul Alexander Mills CMS-CHt. FIBH.