

CALMING ACTIVITIES



Figure 1.

RELAXATION TECHNIQUES

Exercise 1: Conscious Breathing: *Adapted from Dr Arielle Schwartz*

Conscious breathing is one of the quickest ways to regulate our nervous system.

The goal is to move the belly and diaphragm with the breath and to slow down your breathing from 10-14 breaths per minute to 5-7 breaths per minute.

1. Relax belly
2. Inhale into belly fully for a count of 4
3. Hold for 2
4. Exhale to a count of 6
5. Hold for 2
6. Repeat 1-4

Variations

- **Variation 1** - On the exhale, slightly constrict the back of your throat as if you are making the sound "aarrhh" as in father. Practice doing this with mouth open and then mouth closed.

Exercise 2: The Basic Exercise: *Adapted from Stanley Rosenberg*

The Basic Exercise by Stanley Rosenberg is effective, easy to learn, and easy to do, and takes less than two minutes to do.

The goal of this exercise is to balance the ANS. You can do this exercise sitting or lying.

1. **Move head gently from side to side (notice any sensations)**
2. **Clasp hands behind head. (Awareness).**
3. **Keep your head centered and still and keep eyes on the horizon, then move eyes only to the right 30+ seconds**
4. **Wait for a swallow yawn or sigh.**
5. **Move eyes back to center, stay for a moment.**
6. **Keep your head centered and still and keep eyes on the horizon, then move eyes only to the LEFT 30+ seconds.**
7. **Wait for a swallow, yawn or sigh.**
8. **Move your eyes to center and stay for a moment**
9. **Release hands, move head gently from side to side, notice any difference?**

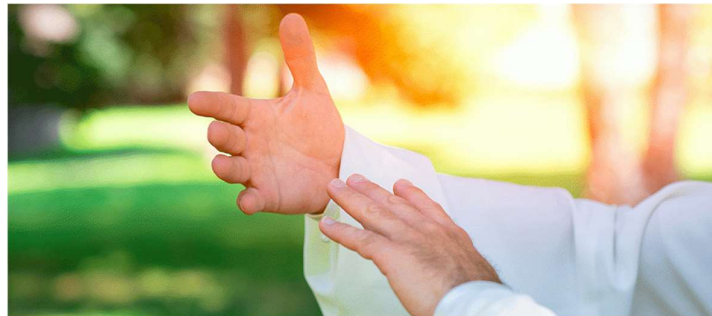


Figure 2.

Exercise 3: The Pat Down: *Adapted from Qi Gong principles*

1. Stand with your feet about shoulder width apart. Keep your knees soft and relaxed. Imagine your feet have roots like a tree going into the earth. Take a few deep breaths.
2. **Pat arms** – start at the underarm of your right arm, patting with your left hand down to the wrist and then back up on the topside of the arm. Then do the same on the left arm with the right hand. Repeat 3 times.
3. **The back** – Make a relaxed fist with both hands. Using both hands at the same time, tap the area where the kidneys are about 10 times.
4. **The stomach** – Using the palms of the hand, begin to pat the stomach in a clockwise direction around the belly button 5 times and then repeat anticlockwise 5 times.

5. **The legs**– Doing one leg at a time start at the front of the right ankle, pat up the front of the leg then down the back of the leg to the ankle with both hands. Repeat 3 times. Then do the same on the left leg.
6. **Head** – tap with the fingers from the front of the head to the back and around the ears and back to the front of the head.

Do this exercise 1 to 2 times daily for opening the meridians in the body. It is a good exercise to do to connect back into your body in between cognitive activities

References

Arielle Schwartz - may be in her book? Not online. Ask Kira

Stanley Rosenberg YouTube video (1) The Basic Exercise by Stanley Rosenberg - YouTube

[A Simple QiGong Exercise — wellness within](#)

Images

Figure 1. - Conscious Breathing and the Vagus Nerve | Dr. Arielle Schwartz (drarielleschwartz.com)

Figure 2. [The Power of Qigong to Create Balance and Prevent Disease | Kripalu](#)