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**Stress Reduction:
Role of Deep Breathing**

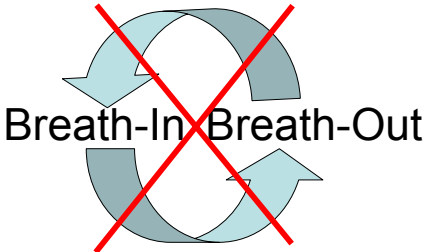
Presenter: Shiv

STOP Stress Kills !!!!

- STRESS makes us unhealthy!
- STRESS makes us unhappy!
- STRESS hinders insight !

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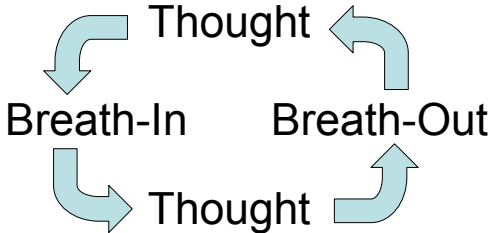
Autonomous Breathing



KICK THIS HABIT

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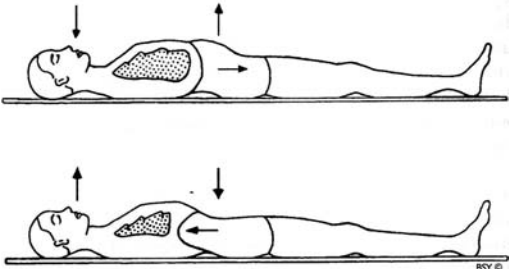
Thoughtful Breathing



TAKE UP THIS HABIT

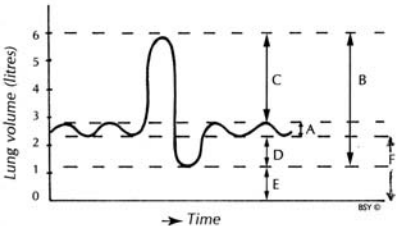
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How?



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Lung Volumes



A - Tidal volume (0.5 litre); normal quiet breathing
 B - Vital capacity (5 litres); maximum inhalation and exhalation
 C - Inhalation reserve (3 litres)
 D - Exhalation reserve (1 litre)
 E - Residual volume (1.2 litres)
 F - Resting exhalation level (2.2 litres)

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Reactive Behavior

KICK THIS HABIT

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Considered Behavior

TAKE UP THIS HABIT

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Stress Reduction Approach

**Kick
these
habits**

Physiology

Psychology

**Take
these
up**


THIS IS THE KEY

Psychological Behavior Mirrors
the Physiological

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Why?	Physical Health	Mental Health	Learning Ability
	<ul style="list-style-type: none"> •Headaches •Hypertension •Diabetes I & II •Asthma •Immune system •Pain •Cancer & Cardiovascular rehab •Boost energy and stamina •... 	<ul style="list-style-type: none"> •Management of: <ul style="list-style-type: none"> ➢Anxiety ➢Anger ➢Depression ➢Habits ➢Addictions ➢Emotions ➢Relationships ➢Insomnia ➢... 	<ul style="list-style-type: none"> •Boost attention •Increase learning •Open to insights •Performance anxiety •Test anxiety •ADHD •...

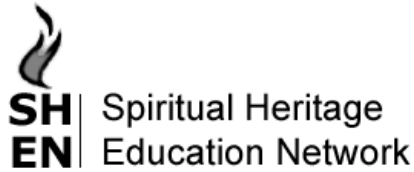
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School of Pharmacy
Stress Reduction Workshops
Guidelines for Workshop Leaders

1. Practice your deep breathing every day especially on the day of the workshop
2. Setup computer and projector before participants arrive
3. Greetings, Introductions, and Statement of purpose:
 - a. Presentation on Stress Reduction connecting what was done last time with what is planned for the day
 - b. Practicum of stress reduction technique
 - c. Biofeedback experience, when feasible
 - d. Facilitate compliance by raising awareness through sharing of feelings about the practice and by keeping personal record. Breaking down barriers to compliance is extremely important because of the strength of a lifetime of conditioning of the habitual autonomic breathing.
4. Hand out an appropriate record sheet and the sheet with detailed practicum steps in the first session. Ask to look at the record sheets in the subsequent sessions
5. Slide presentation, when necessary but no more than 20 minutes
6. Leading into one 20 minute practicum or two 10 minute sessions: review the components
7. Deep Breathing Practicum session(s)
8. Biofeedback and coherence (some of the times)
9. Around the table sharing (Spend 15-20 minutes in every workshop) :
 - a. Lead the sharing by saying “We will now have two rounds of sharing around the table with the purpose of creating awareness about the practice. There will be a focus question for each round. Individual participants may choose to keep their feelings private and choose to pass.”
 - b. Say that what is shared should be kept strictly confidential by all participants.
 - c. State the purpose of the first round is to share “the changes I felt within me during the 20 minute practicum”
 - d. Provide a minute of silence to consider the question
 - e. Workshop leaders take part with the participants and lead by answering the focus question
 - f. At the end of the first round, introduce the focus question for the second round, “What struck you while listening to the first round? What is really happening in your inner world?”
 - g. Provide a minute of silence to consider the question
 - h. Lead into the second round with your personal answers
 - i. Provide no comments
10. Disperse after the second round is over



School of Pharmacy
Stress Reduction Workshops
Guidelines for Workshop Attendees

Components of the Deep Breathing Practicum

1. Posture to maximize lung capacity
2. Deep diaphragmatic breathing through the nose
3. Focus on the breath
4. Smooth breathing without holding in or out
5. Positive feelings
6. Positive feedback, notice the belly rising and falling

Steps in the Practicum

1. Lie flat on the back on a firm and flat surface with a thin pillow, if desired. Relax the body, feet dangling outwards and palm facing up with arms beside the body.
2. Or sit tall on the edge of your chair with back and neck straight without reclining backward or slouching forward. Put your hands on your knees or in your lap.
3. Establish deep diaphragmatic breathing.
4. Focus on every breath in making it complete.
5. Focus on every breath out making it complete.
6. Count the breaths in the prescribed period. Counting becomes a way to focus. Remember to count the in-breaths or the out-breaths, not both. One in-breath and one out-breath is considered one breath.
7. Breathing through the nose only with mouth closed.
8. Use positive feedback putting one hand on the belly if you so desire. Notice the belly rise with every in-breath and fall with every out-breath.
9. Every breath should be smooth and even with equal time for the in-breath and the out-breath. No holding of breath or out. Rhythmic smooth and even breathing all the time.
10. Cup your eyes with your hands and open the eyes with the eyes covered. Expose the eyes to the light slowly.
11. Turn on your left hand side and sit up for a minute.
12. Get yourself up and stand slowly with sure feet.

Be Breath Aware

Cultivate the habit of being breath aware as much as possible; and deep breathe whenever you are breath aware. You can't do that all the time, but there are quite a few opportunities in a day, Be breath aware and deep breathe when watching TV, resting and relaxing, driving, before falling asleep at night, waking up in the morning, etc. The more you do it, the better it is health wise and otherwise.