

Heart Breathing

Introduction

Have you ever stopped to think just how amazing your heart is? Not only does it pump blood around your body but as it does so it carries oxygen and nutrients with it. But not just that, your heart can also be used to help us feel calmed and relaxed even when doing something that makes us feel anxious.



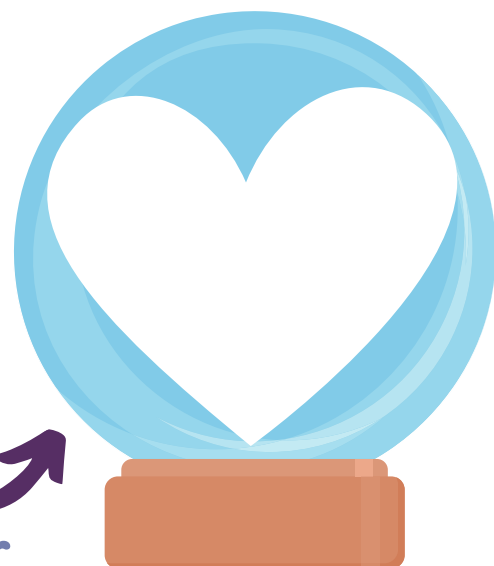
You may well know that the brain sends out signals to the rest of our body. But did you know that the heart sends out even more powerful signals to the body and the brain? So, the question is how can we use these powerful signals of our heart to make us feel calm and relaxed?



1. To start with, and if you are happy to do so, close your eyes.
2. Put your hand on your chest, where you think your heart roughly is.
3. As you take a deep in breath and a controlled out breath over 4-7 seconds (whatever you are comfortable with), imagine breathing that air into and around your heart.
4. Keep focused on your breathing and your heart as you start to feel your brain and body relax.

Use your calm colour

Once you have got the hang of the heart breathing exercise, try adding in your calm colour. Just choose a colour that represents a calm feeling for you and allow that colour to spread through your whole body. The colour can start in your heart, your head or anywhere in your body. You can also imagine the room you are in filling with your calm colour. Enjoy feeling calm and relaxed as your calm colour takes away any remaining feelings of anxiety.



Colour in the heart with your calm colour