

“Time to Breathe” Making 20 minutes for Practice

Remember it can take up to 15 minutes to fully switch down our stress, or fight/flight response and to fully activate the relaxation side of our system. So although it sounds a long time, in 20 minutes practice you can become deeply calm, and gain confidence in your ability to do this. But How?

Suggestion One: try these [FREE audio files](#) via Soundcloud:



Follow this [link](#) for 20 minutes of relaxing natural sounds with a breath-pacing tune

Suggestion Two: Counting 4 in 6 out, with an Imaginary Clock-face

Whilst doing the simple counting described on [Breathe Easy](#), you can visualise a clock face with a single long hand.

Start with the hand pointing to 12, and each time you complete a breath you can see the hand click on “one minute”.

60 breaths (back round to 12 o'clock) will take around 10 minutes.

Next you can either count round clockwise again, or to make it a bit more ‘interesting’, you can count **backwards** round to 12 again.

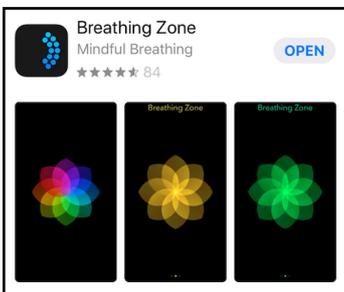
If and when your mind wanders or you lose count, it doesn’t matter at all, just take yourself to the number you think you’ve reached and carry on.



Suggestion Three: apps

There are 1000’s of quite helpful breathing/relaxation apps available. The best give you a choice of sounds, graphics and the pace of breathing, and over the years these two have stood the test of time. Both features a graphic that expands as you breathe in: it can help to feel that same expansion [in your belly](#) as your breathe.

Breathing Zone



Breath Ball



Suggested initial settings:

voice: Voice Off
 sound: White Noise
 (graphic) Multi-colour circle
 Session: 20 minutes
 Breathing rate: 6.0 bpm
 Start breathing: none, +1.0 or +2.0
 Pattern: Breathing Zone
 Daily Goal: 20 minutes

Don’t worry about the breathing monitor, it doesn’t seem to work very well

Guide to Settings



When you start an exercise you can set the time you want to practice



There are a LOT of settings in this app!
 Choice of pattern:

“**Slow Paced Breathing**” is the same as 4:6
 “Cardiac coherence” and “4-7-8” are similar

ALL these work on the relaxation system



This area gives a lot of options on sounds, instructions and background sounds.

A note on pace: 6 breaths a minute is the ‘basic pace’. Taller than average people may find it best to go slightly slower than this; shorter people, or more stressed people will prefer a faster pace. You will find you can gradually go slower as you practice more. The breathing Zone Start Breathing Rate allows you to start a bit faster and then slow down.