

Filling-the-Balloon Breathing Technique

Introduction

Releasing Tension in Chest and Stomach

This dynamic breathing technique can relieve physical discomfort from chest tension, stomach tension, agitated nerves and emotional distress by expanding the Solar Plexus.

The solar plexus is a group of interwoven, radiating nerve fibers behind the stomach. As stress and tension contract the muscles around the solar plexus, the irritated nerve fibers send distress signals to the heart that can cause cardiac irregularities, while also triggering excess cortisol release and causing extra belly fat on stomach and love handles.

About This Technique

This technique works through expanding the lungs, flexing the diaphragm and extending the stomach outward. It reverses the physical tension and muscular contraction syndrome in the solar plexus that stress causes through expanding and extending the navel area outward as far as possible.

Performing This Technique

- ◇ Visualize your body filling with air, like a balloon being blown up, as you breath in. Inhale deeply, filling your stomach with air to 95% capacity, then hold your breath for two seconds.
- ◇ Inhale more air to 100% capacity. Extend your stomach muscles by pushing outward from the navel area. Feel a total stretch and hold breath for two more seconds.
- ◇ Release breath, exhaling slowly, feeling the body releasing all the air and every muscle letting go.
- ◇ The longer you hold and the more you expand, the greater the release of tension in both muscles, nerves and internal organs. Experiment by holding your breath and expanding your stomach a few seconds longer. Discover what brings you the best results.

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