

## **Five-Minute Stress Relief.com**

### **Hearing the Breath Technique**

#### **Introduction**

Hearing the Breath Technique provides a physical release process that reduces tension, calms the nerves, relaxes the body, and also shuts down your cortisol stress response, preventing excess belly fat on your stomach and around your waist.

#### **About This Technique**

Each exhale releases air that produces sound. Listening to and following these sounds guides the mind and body to release physical tension and stressful emotions.

##### *Silence - Air Breath*

Listening to the sound of breath as you exhale. Hearing the sound of rushing air being expelled and feeling the emotions let go.

##### *Sound - Ahh Breath*

Making the vocal sound "ahh" with each exhale. Adding sound to one's exhale vibrates the chest, neck and head and has a therapeutic effect on the emotions. The sound can be a gentle sigh or a low moan, whatever reflects your mood.

Caution: deep breathing can cause some individuals to feel light-headed or dizzy. If this occurs, discontinue deep exhaling and return to slow, gentle breaths.

#### **Performing This Technique**

Sit securely in an upright posture. As you inhale and take a deep breath, open the jaw wide and exhale completely. Follow these steps:

- ◇ Exhale deeply and listen to the sound of the air leaving you.
- ◇ Exhale deeply and feel your shoulders dropping lower.
- ◇ Exhale deeply and notice your chest falling and sinking.
- ◇ Exhale deeply and feel your neck and shoulders relaxing.
- ◇ Exhale deeply and sigh.
- ◇ Exhale deeply and notice how your sound feels.
- ◇ Exhale deeply and listen to your sigh.
- ◇ Exhale deeply and feel the vibrating sound within your body.
- ◇ Exhale deeply and feel your sigh relaxing you.
- ◇ Exhale deeply and feel your whole body let go.
- ◇ Now take a moment to return to calm, easy breathing.

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