Notes for Conscious Regulation of Breathing: typically, inhale and exhale are both through the nose. However, for the **Quick Reset Breathing**, the inhale is through the nose (with a pause at the end of inhale), and the exhale is out through the mouth (like a sigh).

Quick Reset Breathing (to shift stress/anxious response and calm nervous system), 3-4x @ a time throughout the day (when you wake up in the morning, before going to bed at night, while at a stoplight – linking with something that you already do will help you to remember)

a. Take a deep breath in through your nose

b. Pause 2-3 seconds (or slightly longer if that feels useful / comfortable for you) with the throat still open as if you could take in more air

c. Exhale through your mouth (like a sigh)

Breathing Notes for Seated Movements

On inhale, lift the sternum away from the navel center and lengthen up through the top of your head (supports healthy posture).

On exhale, contract the abdomen and navel center as if you are pulling them in towards your back body. Imagine the side waist & the hip points (iliac crests) contracting together as well (functional core strength).

Abbreviations: IN = Inhale EX = Exhale BR = Breaths x = suggested # of repetitions

Simple Seated / Standing Movements to Release Tension in Neck, Shoulders, and Back

1. Roll Shoulders, Both & Individually

a. Start with rolling both shoulders at one time. Notice what you feel (and hear!) in the neck, shoulders, and upper back.

b. Then, roll one shoulder and then the other. This brings a slight twisting motion to the upper body. Continue to notice what you feel and hear as you roll each shoulder.

2. Seated Spinal Flexion/Extension, 6-8x (releases tension in neck, shoulders & back)

a. On inhale, lift the chest up and forward while the tops of arms/shoulder blades draw back & together (you'll feel the shoulder blades moving towards the spine).



b. On exhale, contract the abdomen and navel center, tuck the chin and round your back to stretch the back (and the space in between the shoulder blades). Repeat 6-8x.

3. Seated Twist w/Head Turn, 1-2x each side

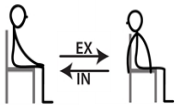
Reminder note: The hands/arms aren't used as leverage to twist the body, rather, the movement comes from the core body.



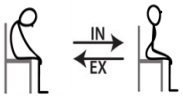
a. Inhale - lengthen the spine upward (lift chest away from navel center, and imagine lifting through the top of the head)



b. Exhale - *contract the abdominal muscles gently* and twist to one side - only as far as feels comfortable and appropriate for your back. Allow your shoulders to release down from your ears.



c. While still in the twist with your upper body, turn your head gently in the opposite direction (not shown). While you are holding the twist, take a deep breath in and a full breath out. **Stay for 2-3 BR, then inhale to the starting position and repeat the twist in the opposite direction**.

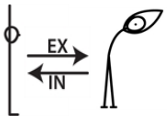


4. Repeat Seated Spinal Flexion/Extension, 4-6x (after the twist)

Same movement as Step #2.

5. Swaying Palm Tree (hand to wrist) 2-3x each side, 2-3 BR each side, alternate sides (lateral movement for spine & stretch for the side body) [modify with only one arm reaching up if needed for shoulder comfort]

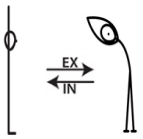
a. Step your feet close to each other (can be touching inner edges). Inhale as you sweep the arms out & up and grasp the right wrist with your left hand (right palm turned up towards the ceiling). Lift the sternum up from the navel center.



b. On the exhale, lean to the left (to stretch the right side of your body); slightly shift the hips to your right. Stay here.

c. Breathing consciously, expand into the right side of the waist and the spaces between the ribs on inhale. You might look up towards the ceiling to encourage lengthening upward. **Press your right foot down into the floor. Stay 2-3 breaths.**

d. Inhale, return to center and on exhale, release the arms to your sides.



e. **Repeat on the other side (stretching left side)** for a total of 2-3x each side. **Roll your shoulders a few times when complete.**