

## The Slow Breath Technique (SBT)

The SBT is a very brief, and very important calming activity that we are asking you complete, as often as possible! We strongly recommend you work to **master** this technique throughout your time in this course as it will, over time, change the frequency of your brain's activity! As you will soon learn, this exercise is vital for so many reasons and will provide endless benefits to you. All this really means is learning to quiet your mind and get yourself centered (i.e., present), back into the moment, releasing any grip your emotions may have on your thoughts, at that moment. We do this simply by taking deep long, slow breaths, through the nose, *with very long, extra slow, exhales.*

Your breath is among the most commonly used ways for your brain and body to communicate to each other. If you think about it, this makes a lot of practical sense. If you were being chased by a predator, you would not be able to stop to take long, deep, slow breaths. In fact, it would be just the opposite. Our breathing becomes short and constricted indicating when there is a threat, indicating that there is a potential threat to be on the lookout and ready for. That is, be ready to run, freeze, play dead, or stay and fight (i.e. "fight or flight"),

We recommend you begin by following along with this instructional audio to learn **how** to use this technique, *first*. Moving ahead you are welcome to continue to use this audio, to jump into the audio without instructions, or to complete the exercise on your own. If you do choose that option we recommend you set an alarm for 5-minutes before completing.

We encourage you to begin using this SB technique as often throughout your day as possible. The more the better, and the easier it will get over time!

- ☐ [Slow breath with instructions](#) (we recommend you begin here)
- ☐ [Slow breath audio \*\*without\*\* instructions](#) (we recommend using this moving ahead for follow up)
- ☐ Set alarm for 5-7 minutes and guide yourself through the exercise

### **Additional **Important** Benefits of The SBT**

In this course, we are challenging you to commit to your own mini-change process as to better understand what it takes to heal, grow, and change, to move towards recovery from all mental health challenges.

“Recovery”, in reference to mental health, means to wire into the brain a new way of being, reacting, perceiving, and/or engaging with the circumstances of your life. To help you best understand your child or loved one, we are asking that before you begin your end of lesson exercises, that you first make every effort to get into a more calm, quiet, more “*present*”, *mindful*, and *aware* state of mind. The fastest way to achieve this state of mind is to *slow down your breathing!* This calms the body and sends the universal signal to your brain that you are safe from harm's way.

We call this the Slow Breath Technique, and we ask that you begin to use it as often as possible, and at least that you first try to do so prior to the state of your

engagement with course exercises, if no alternative guided audio is offered, *to make this a habit throughout your time in this course.*