



Calming the Nervous System

Two States of Nervous System

1. Sympathetic (stepping on the gas)
2. Parasympathetic (stepping on the brake)

Breathing Technique: Why Deep Breathing works:

- Activates the parasympathetic nervous system.
- Calms the basal ganglia, which is the area of the brain that controls anxiety.
- Relaxes your muscles, which relieves tension.
- Improves your thinking and judgement because brain function is better
- 3-5 minutes of breathing changes your oxygen levels & neurochemistry
- **YOU MUST CALM THE BODY BEFORE YOU CAN CALM THE MIND**

How-To Diaphragmatic/Belly Breathe using the “Voo-Breath” Box:

- Sit comfortably in a chair with your feet flat on the floor
- Focus your attention on your breath without trying to change it
- Take 4 seconds to slowly inhale through your nose. Fill your lungs from bottom to top.
- As you breathe in, let your belly expand first, then your chest (your shoulders should not move much).
- Hold inhale for 4 seconds.
- Then in 4 seconds, exhale in a deep, foghorn voice with the word “*vooooooo*” (or as long as comfortably possible)
- Allow the sound to vibrate and resonate in your chest, arms, and even legs.
- Continue to exhale “voo” for 4 more seconds (total of 8 seconds).
- Continue with at least 4 more cycles of breathing or do for 3-5 minutes
- Focus only on your breath during this exercise.

“The Voo-Breath Box”

