

Relaxation for dysfunctional breathing

– beach pose

Other formats

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1. Lie on the sofa or bed and support head and knees with a pillow as needed, legs uncrossed.
2. Place a small weight, e.g. bag of rice, wheat bag, on your tummy.
3. Place one hand behind your head, the other by your side.
4. Close your eyes and visualise yourself by the beach or in the countryside.
5. Breathe in through your nose, and out through your nose. In for ____ seconds and out for ____ seconds. Imagine waves rolling in as you inhale and flowing back out as you relax exhale, or imagine Devon hills; visualising inhaling up the hill and relax exhaling down the hill.
6. Practise this for 1-5 minutes; you are aiming for good quality practice rather than quantity, 2-3 times a day.

Tips to help:

If you are having a difficult session, stop and come back to it later. This is not uncommon and many factors such as stress, temperature and humidity, can affect your practice.

Give yourself time, bookend your day and practise when you first wake and before falling asleep. Any extra sessions in between are a bonus!

Thanks to BradCliff®

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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