

Refresh Self's - Technique Instructions

Star Breathing

See last page – PDF for full page instructions and guide.

In, STOP, Out breathing

Breathe in slowly like you are smelling of a beautiful flower

STOP and hold your breath as you count from 1 to 3

Breathe out slowly like you are blowing bubbles

Let's repeat two more times.

Progressive Muscle Relaxation

Start by taking a comfortable seat or lying down. Take a few deep breaths to relax.

Breathe in slowly and bring the attention to the muscles in your feet and tense the muscles.

Breathe out as you release the tension in your feet.

Breathe in slowly and tense the muscles in your calves.

Breathe out as you release the tension in your calves.

Continue this way up the rest of your body, breathing in as you tense an individual area and breathing out as you release the tension. (Thighs, buttocks, belly, chest, upper back and shoulders, upper arms, forearms and hands, neck, and face)

Grounding

You can do this wherever you already are: seated, walking, standing, lying down, etc. Take a deep breath to relax.

1. Pay attention to 5 things you can see around you. Name and describe them either out loud, or to yourself. (Examples: I see a black table, a blue book, a fuzzy blanket.)
2. Pay attention to your body and notice 4 things you can feel. Name and describe these things either out loud or to yourself. (Examples: I feel the warmth in my shoes, I feel my feet against the ground, I feel the pillow soft against my back, I feel the sleeve on my arm.)
3. Pay attention to 3 things you can hear around you. Name and describe these things either out loud or to yourself. (Examples: I hear the traffic outside, the birds chirping, the white noise machine.)
4. Pay attention to 2 things you can smell. Name and describe these things either out loud or to yourself. (Examples: I smell the grass outside, the perfume I sprayed this morning.) Name your two favorite smells if you can't identify any around you.
5. Pay attention to 1 thing you can taste. Name and describe this either out loud or to yourself. Name your favorite thing to taste if you cannot taste anything currently. (Examples: I taste the mint from my toothpaste, I taste the fruit from my snack.)

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Jin Shin Jyutsu

Wrap the fingers of one hand around each finger for 1-2 minutes – start with the thumb and end with the pinky. Then switch and repeat with the other hand.

Immediate stress relief, push your thumb into the middle of your hand for 2 minutes. Repeat these exercises every day.

The Calming Hand

1. **Recognize:** “First, hold your thumb, recognize how you are feeling, and accept that you can begin to control your response.”
2. **Sigh out:** Next, move to your index finger — you don’t have to grip this finger (or any of the others during the next steps), but lightly touching them with your fingertips can help in guiding you through. Breathe in, sigh deeply, and let your upper body flop. Pull yourself up when ready.
3. **Inhale:** Continue to the middle finger, where you take a slow inhale.
4. **Exhale:** At finger four, enjoy a gentle exhale.
5. **Stretch and relax:** Finally, at the little finger, “stretch your hand out, create tension, and release it. Following this, continue to breathe deeply.

STAR BREATHING

Place your finger  **START** and trace the star as you:

Breathe IN. **Breathe OUT.**

REPEAT until you feel the stress slow!



View a video of this guided breathing exercise at <https://www.youtube.com/watch?v=iLKKYSITMpM>