



BREATHE
BETTER

Worksheet



BlueChipMINDS

Breathe Better

From Low to Go in under Ten

Disclaimer. Please read the safety precautions at the bottom of the document before attempting the breathwork protocols.

There's never been a better time to take up a conscious breathwork practice. If you are a complete learner or already apply some of this work the workshop and worksheet will have something for you to take you from Lowstates to GoStates.

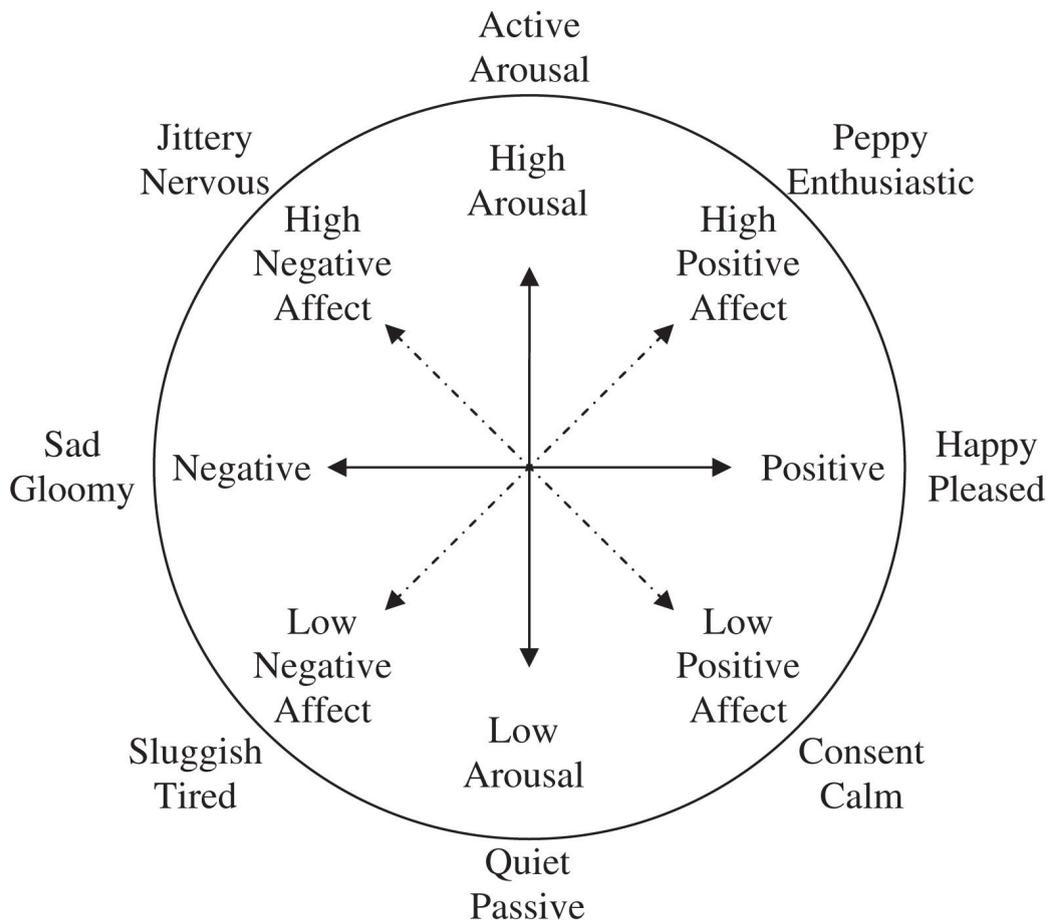
WEIRD SIGHENCE

Sighing can be an automatic function of our bodies and minds, however we can also implement intentional sighs for a multitude of benefits. None more so than it just feels great to let a big one out.

"When alveoli collapse, they compromise the ability of the lung to exchange oxygen and carbon dioxide. The only way to pop them open again is to sigh, which brings in twice the volume of a normal breath." Jack Feldman UCLA Researcher

PRACTICE:

Take in a big breath through the nose and exhale out of the mouth with a sigh. As you repeat the practice you can increase the amount of air you inhale and how loud you sigh.



Two Steps to Go:

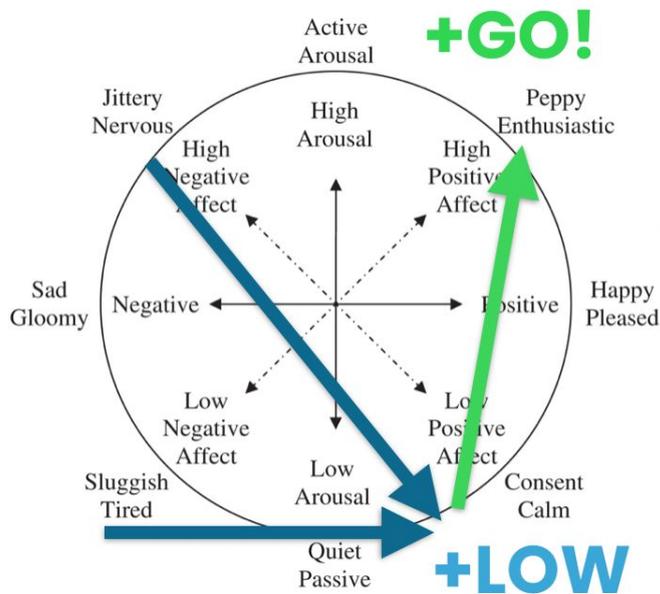
Using this amazing diagram from Professor Lisa Feldman Barrett, we can see that we spend our time in different spaces depending on how we are feeling internally and what is happening around us.

You can break this diagram up into four quadrants and depending on where you're currently situated will take you into the positive zone.

Step One: Take you out of the negative states (left side quadrants) into the low positive (bottom right)

Step Two: From Low positive to 'Go' AKA High positive (Top right)

Note: if all you want to do is chill out, you can stop at Step one. We don't always need to hit the go button ;)



Step One:

Coherent breathing...

This follows a pattern of the same amount of seconds in as the same amount out.

Practice:

Sit comfortably and relax. Inhale for four seconds, exhale for four seconds (Preferably nasal breathing). Repeat for 60 seconds

	STANDARD BREATHING	COHERENT BREATHING
Breath Cycle	FAST, SHALLOW, IRREGULAR	4SECS+ (IN & OUT)
Blood Flow	Decreased	Increased
Muscles	Tense	Relaxed
Body	Discomfort	Comfort
Mind	Anxious	At Ease
Learning	Challenging	Natural
Sleep	Troubled	Restful

Why Nasal?

Where possible, we always want to breathe using our noses. As we ramp up the intensity we will naturally shift to mouth breathing. But this is something we can practice all the time. From sitting, to jogging, to running.

- The nose is built with a specific purpose: to support our respiratory system (the primary purpose of the mouth, on the other hand, is to start the digestive process).
- The nostrils, hair and nasal passageways are designed to assist in filtering allergens and foreign bodies from entering the lungs.
- The nose also adds moisture and warmth to inhaled air for smoother entry to the lungs.
- Nasal breathing, as opposed to mouth breathing, has another important advantage, especially for effective and efficient exercise:
- It can allow for more oxygen to get to active tissues.
- That is because breathing through the nose releases nitric oxide, which is necessary to increase carbon dioxide (CO₂) in the blood, which, in turn, is what releases oxygen.
- Mouth breathing does not effectively release nitric oxide, which means the cells are not getting as much oxygen as through nasal breathing, which could lead to fatigue and stress.

Step Two: Go!

GET: - This is at the lower end of the Go! scale and is a simple daily ritual that anyone can practice either individually or with a partner.

And to really get connected - In between each question, drop in for a round of coherent breathing.

•**G** - What are you **Grateful** for?

•**E** - What can you get **Excited** about?

•**T** - What are you **Taking Action** on?

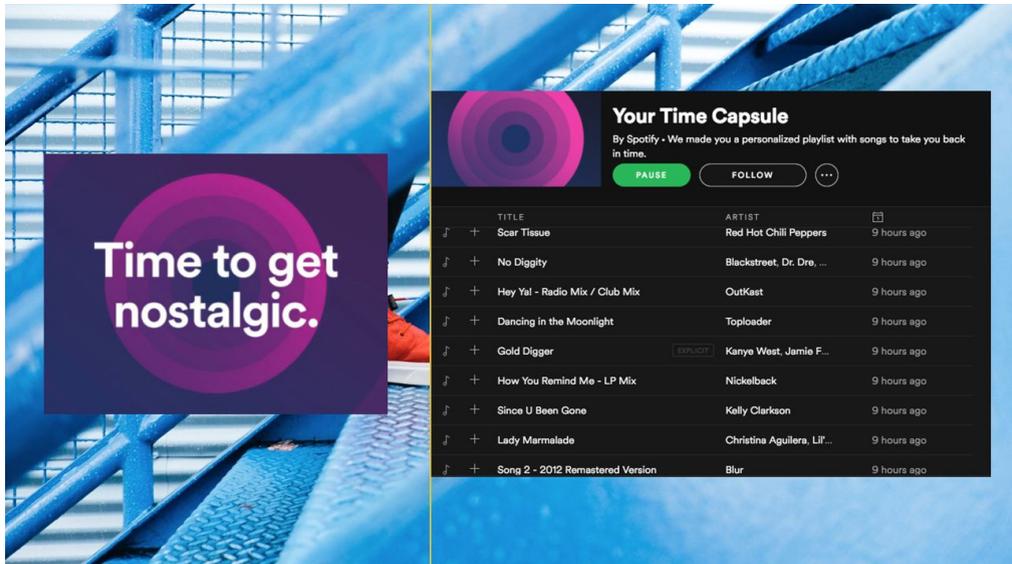
Fill your answers in below...

Let's do the timewarp again!

Music can be a Nostalgia trigger for finding that GoState.

Think about the music you listened to as a teenager. Can you put some of it on right now or tomorrow morning to get you going?

Or if you have Spotify, they've made it easy with their Time Capsule function. A bit of dancing helps too ;)



Breath of Fire (Bastika Pranayama)

This terminology means 'harmony' and 'power' in Yogic tradition and is one of my favourites for a quick launch into 'Go'.

'The breathing technique known as Breath of Fire involves passive, normal inhalations and powerful, rapid exhalations. This style of forced exhalation may help reduce stress, boost brain function, and improve respiratory health. It's also said to strengthen the abdominal muscles and improve digestion.'

Practice:

Sit comfortably and relax. Focus on the nose again. And breath in a short breath and push it out rapidly.

Start with 30 seconds and then do 45-60 seconds off for 3 sets. As you improve you can increase the amount of sets.

Following along to a rhythm can also help. 123BPM is a great place to start.

Here are some tracks at 123BPM to listen and breathe along to:

[DAFT PUNK – AROUND THE WORLD \(Official Music Video\)](#)

[KATIE PERRY – FIREWORK](#)

[Bon Jovi – Livin' On A Prayer \(Official Music Video\)](#)

Beepbreath

Note: Again, please make sure you have read the warning and safety instructions below before attempting the beepbreath

>>>[Here's your private link to practice the Beepbreath](#)

This is a breathwork challenge based on the principle of the beep test (a measurement for measuring running fitness).

Like the beep test, the beepbreath will take you from Low to Go, except you don't have to get up and move for it.

In fact, we recommend the following for optimal experience:-

- Sit down and find a comfortable position.
- Take note of how you currently feel. E.g. tired, flat, excited etc. (feel free to use Lisa's diagram above)
- Press play and you will be guided through the process,
- Begin with a full exhale out of the mouth.
- Then, inhale for 3 seconds, hold for 3, exhale for 3, hold for 3

After each square the box increases by a second each side. AKA 4,5,6 etc.

Note: You may choose to nasal breath which is more efficient, but not compulsory and you may also find you naturally switch from nasal to mouth as the sides get bigger.

Go for as long as you can and when you have to tap out, take note of your score (You can pause and screenshot it Eg. 11:04:08)

Then find a nice, calm, steady breathing pace (coherent breath) and notice how you feel.

More information

The purpose of the beepbreath is to provide a practical method to both measure and increase capacity of the body to store CO₂. According to Bohr's law, the more CO₂ a body can sustain, the greater levels of O₂ can enter the tissues for energy production and cellular activities.

Dr Konstantin Buteyko reported lower CO₂ levels and tolerance was usually found in more frail, ill and diseased populations while higher CO₂ levels and tolerance is found in healthy and super endurance athletes.

Thus, the higher an individual's beepbreath score, the greater their CO₂ tolerance. Meaning the more energy efficient they will be, the less fatigue they will experience, and the greater stamina and recoverability they will possess. There are many ways to increase a beepbreath score and CO₂max, including repeated exposure of CO₂ with the beepbreath.

Safety precautions:

These breathwork practices are not advised for anyone suffering from the following without direct supervision and approval from a medical or psychiatric professional:

- Severe Panic Attack Disorder
- Chronic Anxiety
- Depression
- Bipolar
- Schizophrenia
- PTSD

If anyone elicits significantly traumatic experiences we advise immediate contact with a medical or psychiatric professional for assistance and support. We also recommend general caution for those with one or more of the following conditions should also consult their medical professional for guidance:

- Chronic Obstructive Pulmonary Disease (COPD)
- Epilepsy
- Pregnancy

- Detached Retina
- Prior Strokes or Heart Attack/Angina
- A history or Aneurysms
- High blood pressure (medicated or unmedicated)
- Recently recovered from COVID-19
- Emphysema
- Asthma

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We're continuing to develop breathing protocols for performance and if you have any feedback, comments or questions, feel free to reach out me at:

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Notes: