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SAY NO TO OVER-BREATHING

This exercise is done to promote awareness of over-breathing.

1. Habit awareness is key here. Start to pay attention to the habits you have that might suggest you are over-breathing. These habits might include:

- Hearing yourself breathe
- Lots of sighing and sniffing
- Yawning frequently
- Taking large breaths before speaking
- Upper chest moving when you breathe

2. If you have any of the above habits, begin this exercise by focusing on the habits you know you have. You will want to continue to monitor yourself for the other habits.

3. It is important to limit these behaviors. Here is how you counteract and limit these behaviors:

- If you hear heavy breathing, focus on slowing your breath and feeling the air in your nostrils. Try to quiet yourself.
- If you notice that you are sighing or sniffing, stop yourself from doing this. Pause your breathing for 3-5 seconds then swallow instead.
- If you take a large breath before speaking, try to prevent the breath and take a drink or water or a swallow instead.
- If you yawn frequently, practice stifling the yawn or do it with your mouth closed.
- If you feel your upper chest moving when you breathe, try to refocus to take slow breaths into your diaphragm and focus on shifting the movement to your belly instead.

4. Journal your habits.

5. Try to notice how often you observe that habit and what tricks help you to stop it

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