

Heart Focused Breathing

The Heart-Focused Breathing (HFB) Technique is an easy-to-use, energy-saving self-regulation strategy designed to reduce the intensity of a stress reaction and to establish a calm, but alert state.

This technique allows you to take a “time-out” where you can step back and neutralize your depleting emotions.

I find that this simple yet profound tool can be used anytime you want to:

- Stop the impact of stress on your body.
- Eliminate the energy drain.
- Remove the drama or significance of a situation.
- Helps neutralize emotional reactions in the moment.

Getting to a regenerating (positive) emotion may not seem possible, however getting to a neutral state may be much easier to do!

Here's how to do it:

First focus your attention in the area of the heart. I also suggest placing your fingers, palm or hand physically on the heart area to bring attention to it. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Do this for 5 minutes or more if possible. If you are in a situation where you cannot do that, this tool is great to use even in the midst of a situation or when you are around others.