

KUNG JING

1. Equal Breathing
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- Appendix



*Produced by Graham Inman
Tai Chi Instructor*

SAMA VRITTI OR EQUAL BREATHING



- Take 4 seconds to inhale and 4 to exhale.
- Deep breathe only through your nose.
- Gradually increase the duration to 6 to 8 seconds/breath.
- Take fewer than 10 breaths/minute for a few minutes to battle high blood pressure.

EQUAL BREATHING

Equal Breathing

- Sit or lie down comfortably. Close your eyes and pay attention to the way you normally breathe for several breaths.
- Then, slowly count 1-2-3-4 as you inhale through your nose. Exhale for the same four-second count.
- As you inhale and exhale, be mindful of the feelings of fullness and emptiness in your lungs.

Equal Breathing

(In Yoga this is called Sama Vritti or equal breathing and rebranded as Coherent breathing or resonant breathing). Equal breathing is used as part of the Mindfulness process.

Start with Equal breathing to calm the mind and centre your thoughts

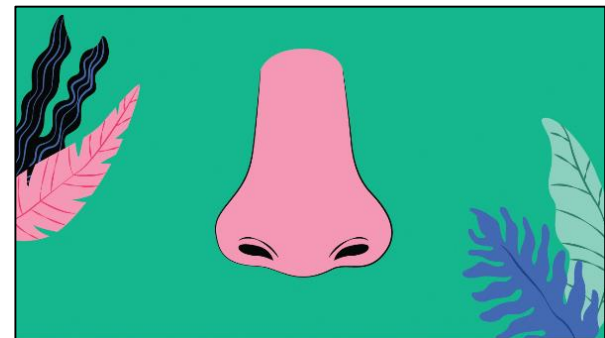
This establishes the breathing pattern and allows for more advanced breathing

Breathe in for 4

Breath out for 4

Repeat with 3 rounds of equal breathing

Any number between 3 and 8 can be used for the breathing count



Abdominal Breathing Technique

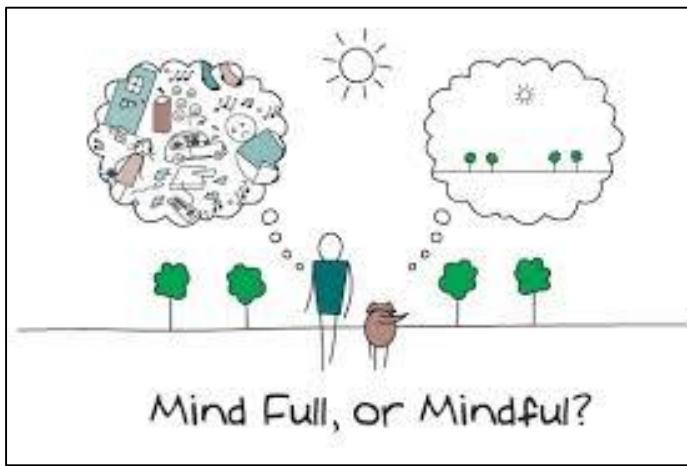


Paying attention to how we breathe can often be overlooked because it's completely automatic. Normal breathing incorporates minimum use of your upper chest muscles and because it is shallow in nature oxygen absorption is sufficient only for your immediate needs.

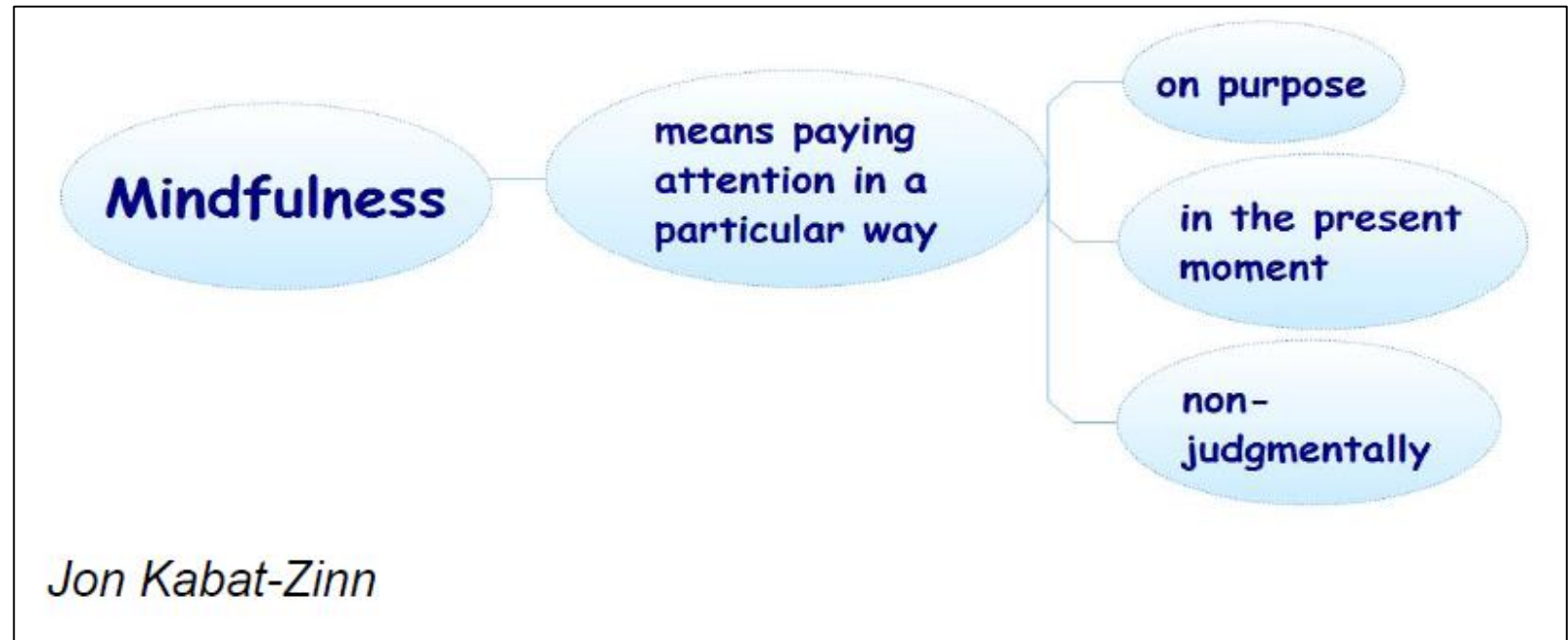
However, becoming aware of and incorporating breathing exercises which use BOTH your abdomen and chest will increase the effectiveness of your breathing and the amount of air you can circulate in your lungs.

This technique can help create a feeling of calm composure, renewed energy, and focus.

- While sitting, place one hand on the chest and the other on the belly, take a deep breath in through the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch in the lungs.
- Fill your abdomen first then your chest second in one single smooth in-breath
- Exhale using your abdomen muscles then deflate your chest in one single smooth out-breath
- Exhale slowly through pursed lips. Initially repeat 3 times. You can work up to 6-10 times.



MINDFULNESS



BREATHING MINDFULNESS

Below is a step by step example of mindfulness practice

1. Get comfortable with good posture, and close eyes or fix them on a non-distracting spot.
2. Bring attention to the feeling of breathing. Follow the breath from the point it enters your nose or mouth, down into your lungs and then out again. Notice the sensation of the rising and falling of your chest caused by your lungs moving.
3. As soon as you realise you have been distracted by a thought or feeling, make a mental note of what distracted you, non judgementally and return your attention back to your breath.
4. You may find it challenging to not get involved with your thoughts. However the more you practice observing your thoughts and not becoming fused with them during mindfulness exercises, the better able you will be to apply this to other parts of your life.
5. Mindfulness is a process of non judgemental awareness in the moment, “not thinking.”
6. Start with 5 minutes and work up to 20 minutes each day – best practised in the morning.

By practicing focusing your attention on the present, and gently coming back to the present when you've wandered into the past and future again, you can expand your present awareness. Not only does the present moment become more vivid and fresh, but your awareness becomes more spacious, less clogged with extra and unnecessary thoughts, feelings and images

One Minute Mindfulness

This simple mindfulness exercise is one that you can do anytime throughout the day.

Sit or stand comfortably and let your face, shoulders and then body relax. Next take slow breaths to calm and centre your mind using regular spaced deep “in and out” breathing. Repeat the deep breathing process 3 times only.

Take a moment Check your watch and note the time. For the next 60 seconds try to focus all your attention on your breathing. Just your breathing. Just for one minute. Keep your eyes open or closed and breathe normally. Your mind will start to wander but be ready to catch it and refocus on your breathing. Be non judgemental of any thoughts that appear and simply observe them as if from a distance and then allow them to float or fade away as you return to focus back to your breathing. Breathe in and out deeply through your nose (imagine a circular flow of air) using your belly rather than your chest

This mindfulness exercise is far more powerful – and challenging - than most people think. Remember, you can't fail at this exercise, you can only experience it.

Use this exercise as many times as you need throughout the day to restore your mind to the present moment and to restore your mind to clarity and peace.

Tip: Place one hand on your stomach and one on your chest - your stomach should move more!



**1.
Sit comfortably & close your eyes.**

**2.
Make sure your muscles are relaxed & you're
not holding any tension.**

**3.
Now bring your
awareness to your breathing, just listening to the air flowing in and out.**

**4.
Now with each
'in' breath imagine that you are breathing in a relaxing color. (For
most people it is usually a blue, a green or a purple.)**

**5.
As you exhale
imagine you are breathing out the color bright RED.**

**6.
Feel this color
red leave your body with each 'out' breathe, and with it you are exhaling any
stress or tension that you have built up during the day.**

COLOR MINDFULNESS

Mindfulness Colour Exercise

Mindfulness

The Five Senses Exercise



The Five Senses exercise

Another activity that can help you to understand mindfulness is the 5 senses exercise. This helps people to be mindful quickly in nearly any situation. All that you need to do is to notice something that you are experiencing with each of the five senses.

Step 1: Notice 5 things that you can see. Look around you and bring your attention to five things that you can see. Pick out things that you wouldn't normally notice, like a small object, or the way a plug socket looks.

Step 2: Notice 4 things that you can feel. Try to bring your awareness to 4 things that you can feel. This might be the way that the wind feels against your skin, or how it feels to wear your glasses, or your T shirt.

Step 3: Notice 3 things that you can hear. Listen carefully and notice 3 things that you can hear. This might be children playing outside, or traffic in the distance.

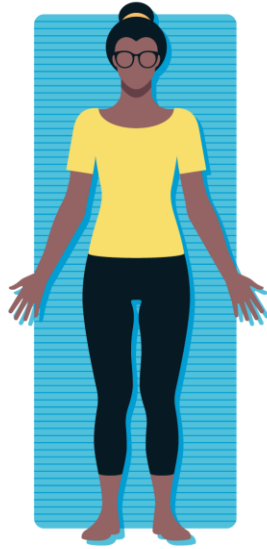
Step 4: Notice 2 things that you can smell. We are quite good at filtering out smells, so bring your attention to things that you can smell. It might be the smell of food cooking, or the smell of your washing powder.

Step 5: Notice 1 thing that you can taste. Focus on one thing that you can taste right now, or just notice the current taste in your mouth.

FEEL CALM ALL OVER

This Monday, try a mindfulness body scan to ease tense muscles and let stress drift away.

1. Sit quietly or lie down.
2. Start at one end of your body and focus on each body part.
3. Notice any areas of tension then soften and relax.
4. Continue until your whole body feels completely relaxed.



DESTRESS
MONDAY

DeStressMonday.org

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BODY SCAN



8 BENEFITS OF BODY SCANNING

IAMZURI.COM



REDUCE ANXIETY
& DEPRESSION



MAINTAIN
HOMEOSTASIS



DEVELOP A
POSITIVE MINDSET



EARLY DETECTION
OF DISEASE



RAISE BODY'S
FREQUENCY



BOOST
IMMUNE SYSTEM



QUIET
THE MIND



DEVELOP BODY
AWARENESS

PROGRESSIVE MUSCLE RELAXATION (PMR)



Anxiety and stress can create muscle tension. Learn to relax using PMR, where you create tension and release the different muscle groups of your body one at a time.

HOW TO DO IT



- 1 Choose a quiet place and set aside about 15-20 minutes for this exercise.
- 2 You'll squeeze your muscles from the feet to your head: feet, legs, hands, arms, buttocks, stomach, chest, shoulders, neck, mouth, eyes, and forehead.
- 3 Focus on the first target muscle group. Take a slow, deep breath in and tense (squeeze) the muscle group, holding it for 5-10 seconds.
- 4 Focus on the difference between the tensed muscle and the relaxed muscle.
- 5 Relax for 10-20 seconds before moving onto the next muscle group.
- 6 Once you finish, count backwards from 5 to 1 to bring your focus back to the present.



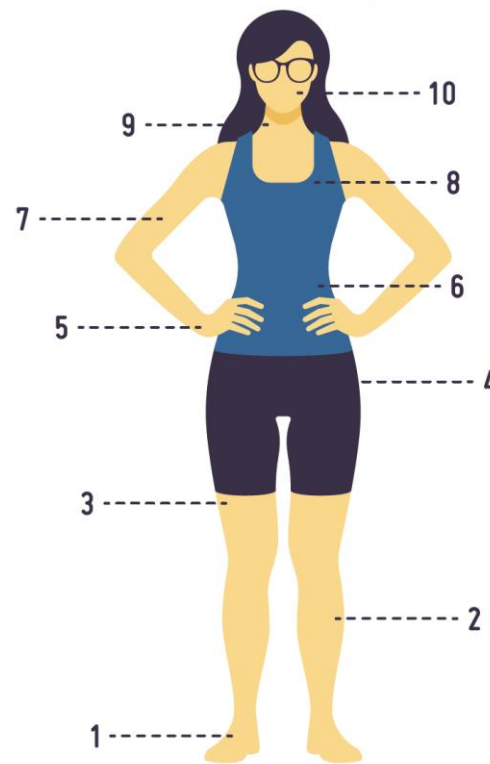
! Don't tense your muscles too hard! You shouldn't feel any pain or cramping during the exercise.

The Body Scan

Progressive Muscle relaxation – PMR

RELAX YOUR MUSCLES GRADUALLY TO RELIEVE STRESS THIS MONDAY

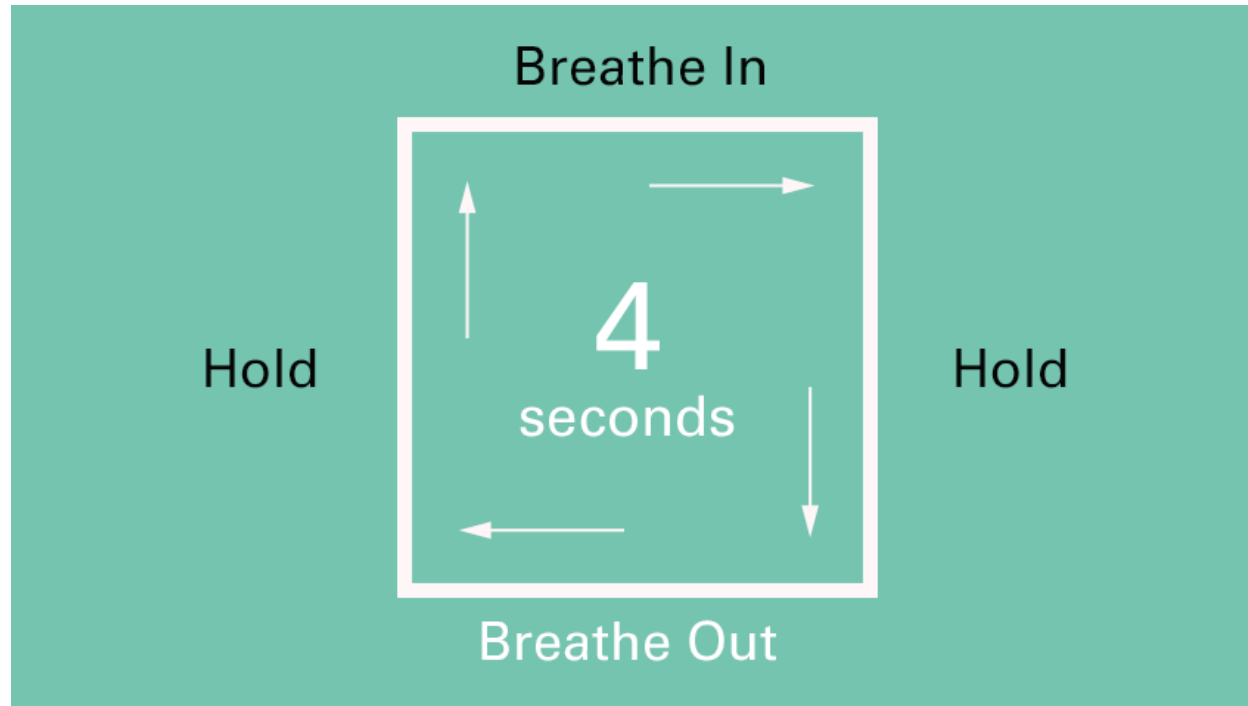
Progressive muscle relaxation helps you ease tension in every part of your body, one muscle group at a time. Tense up each muscle group for a few seconds, then release the tension and feel yourself let go.



Pay attention to how your body feels when it is tense and how it feels when it is relaxed. If you feel your mind wandering just try to refocus on the body - it's natural for the mind to wander.

DE STRESS MONDAY

BOX BREATHING



Box Breathing

Here's how you do it:

The Basics:

* On the inhale, expand the belly, then the diaphragm, then the upper chest.

On the exhale, let the breath go first from the upper chest, then the ribcage, then the belly. This helps you relearn how to breathe deeply.

* Inhale and exhale solely through the nose. It stimulates the nerves that activate the parasympathetic nervous system and counters the fear response of the sympathetic nervous system.

Steps:

* Inhale for a count of 4.

* Retain and hold the breath for a count of 4.

* Exhale all the breath from the lungs for a count of 4.

* Retain and hold the breath for a count of 4.

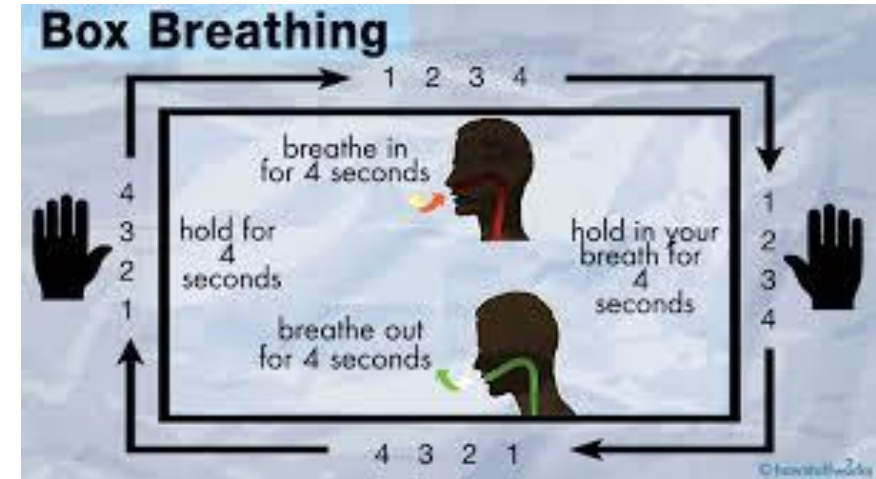
* Repeat.

Length: Start with 1-3 minute “spot drills” several times a day before an important meeting or event. Work up to 5-10 minutes a day.

When to use Box Breathing

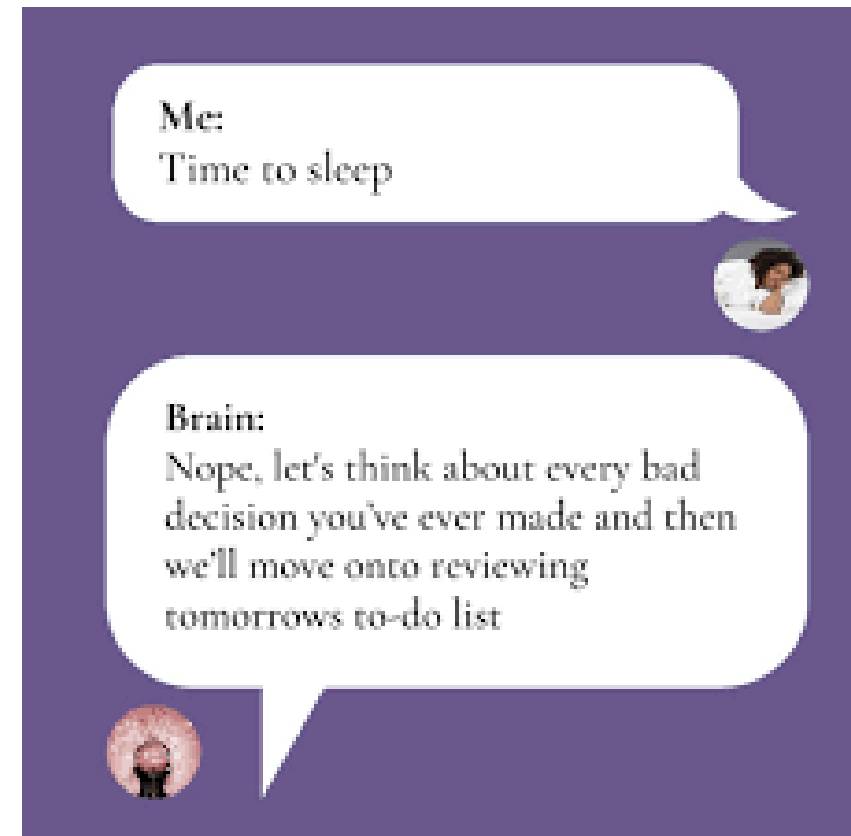
Box Breathing can be useful in many situations including:

- To [calm yourself down](#) when faced with [stress](#) or [feeling overwhelmed](#)
- Before you need to respond to a high stress situation
- When [trying to sleep](#)
- To reduce [work stress](#)
- To reset your creative juices
- When you need to clear your head
- In a meeting at work
- When setting your intentions for the day
- When making a big decision





BRAIN TAPPING “For going to sleep”



Brain Tapping

Uses Frequency - flowing response

(brain likes to follow repeating, rhythmic patterns – like disco music)

Take a moment to lie down, get comfortable and relax

Take 3 deep slow breaths

Tap your right thigh lightly with your right middle finger at the speed of a tick stop watch

Focus on the tapping

For 30 seconds length

Breath in and out slowly

Move through 5 steps using your left hand to count off the step

SLOW the rhythm and tapping pressure down on each step from fast to very slow



OUR PLAN
Mind Body Connection
and Emotional Well-being

7/11 Breathing Technique

Step 1 - Breathe in for 7 seconds

Step 2 – Breathe out for 11 seconds

Repeat these steps for 5 minutes.

Small icons at the bottom: a green heart, a blue plus sign, a red flame, a yellow star, and a purple circle.

7:11 MEDITATION

**7
in**

Practise this simple breathing exercise for 10 to 15 minutes per day to reduce symptoms of stress and dramatically improve your ability to think clearly.

Breathe in using your diaphragm, so that your belly pushes out as you breathe in. Count up to seven while breathing in.

You don't have to breathe particularly slowly. Choose a counting speed which suits your own lungs.

**11
out**

Breathe out to a count of eleven. The important thing is to count at the same speed for both in and out breaths.

It may seem a little difficult at first, this is normal. You will need to practise every day for a few days before it gets easier.

When you can keep it up (without forgetting to count) for at least 10 minutes continuously, you will start to feel the benefits.

7/11 Meditation/ Breathing

This breathing exercise can help you to reduce stress in the moment. If you practice it regularly, you may also find that it helps you feel calmer generally. The more you practice, the more effective this technique becomes. The technique has the same in common with all other meditation methods which deploy a longer out breath period than in breath. The Parasympathetic Nervous System is triggered which decreases your blood pressure and slows your heart rate.

- This exercise is called 7/11 breathing, because you breath in for a count of 7 and out for 11.
- It is called 7/11 because it sounds like the 7/11 shop opening hours, so people are more likely to remember it.
- If there is ever a time when you find that breathing for that long isn't possible, it doesn't matter. As long as your out breath is much longer than your in breath, it will still work. Aim your breath deep into your stomach. It might help if you hold your hands on your stomach, so you can feel it swelling up as you breathe in.
- Allow your lungs to empty, then breathe deeply into your stomach while counting to 7.
- Once you reach 7, breathe out gently to the count of 11, so that the out breath is much longer.
- Repeat this for 2 to 3 minutes or until you feel calm and relaxed.

7-11' breathing - continued

Make sure that when you are breathing in, you are doing deep 'diaphragmatic breathing' (your diaphragm moves down and pushes your stomach out as you take in a breath) rather than shallower higher lung breathing. If you find that it's difficult to lengthen your breaths to a count of 11 or 7, then reduce the count to breathing in for 3 and out to 5, or whatever suits you best, as long as the out-breath is longer than the in-breath.

Continue in this way for 5-10 minutes or longer if you have time – and enjoy the calming effect it will have on your mind and body. An added bonus of 7-11 breathing is that the very act of counting to 7 or 11 is a distraction technique, taking your mind off your immediate concerns.

7-11 breathing can be a great help (no matter what state you are in) if you are...

- Feeling stressed
- Struggling with panic attacks
- Having difficulty sleeping
- Having difficulty concentrating
- Feeling agitated or anxious
- Suffering from “nerves” or anxiety



APPENDIX

Breathing techniques are not just ‘mind tricks’, they produce a bodily response that lowers your anxiety in a very physical way.

Deep breathing techniques all have one thing in common, they work by stimulating what is known as the Parasympathetic Nervous System. You may have heard of the ‘fight or flight’ response, the Parasympathetic Nervous System is simply the opposite of that (‘fight or flight’ is the term for the activation of the Sympathetic Nervous System) - instead of getting you ready for action, deep breathing activates a natural bodily response that can be described as ‘rest and digest’. Out-breaths decrease your blood pressure, dilate your pupils and slow your heart rate - lowering emotional arousal in the process. Practicing a breathing technique a few times a day will lower your overall stress levels in the long term.

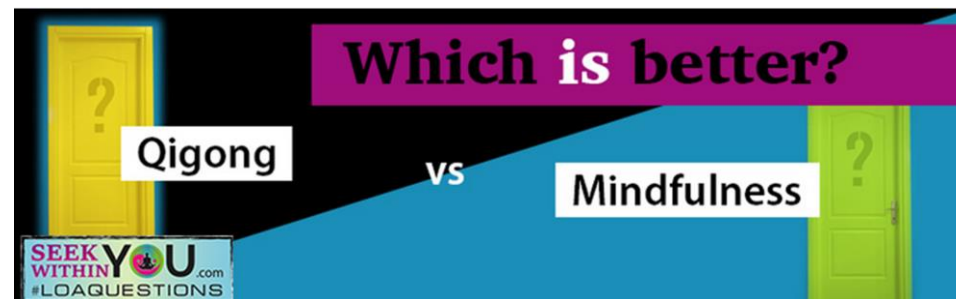
It’s important to realise that it’s the out-breaths that stimulate the response, so it stands to reason that a breathing technique with longer out-breaths than in-breaths will be more effective at lowering emotional arousal.

Breathing techniques in which the out-breath is the same length as the in-breath, or during which you focus on your anxious thoughts are generally less effective at quickly lowering the physical symptoms of anxiety, despite being a good way of being mindful or entering into a relaxed state.

What is the correlation between Qigong and Mindfulness meditation?

Why teach Qigong and Mindfulness meditation. Qigong is an ancient Chinese health system of healing and energy medicine. Qigong is a system practiced for health maintenance, healing and increasing vitality. It is the art and science of using breathing techniques, gentle movement, and a relaxed mind to cleanse, strengthen, and circulate qi. Regular Qigong practice leads to better health, vitality and a quiet mind.

Mindfulness is full awareness of your thoughts, feelings and actions in the present moment. The past is historical and the future has not happened only “right now” the present is real and actually happening. Mindfulness can be compared to self-awareness. You are aware of self. Being in a mindful state can also be further defined as being in a state of self-awareness without judgment. Consciously observing without judgment can be described as passive observation. **When you are mindful, you are completely self-aware, in the moment and in a state of non-judgment.** You are just accepting and experiencing the moment. Being mindful (self-aware and passively observing) during meditation, will bring this awareness into your daily routine.



Tai Chi - Meditation in Motion

The practice of Tai Chi brings together the structure, postures and movements of the Short Form (or Long Form), the breathing of Qigong and the mental relaxation and focus of Mindfulness into a single process.

It is important to always undertake Qigong BEFORE starting the Tai Chi form. This will relax the body and slow down your breathing rate so that before you start you are already positioned with the correct frame of mind and stress reduction so as not to rush the process but to move smoothly into the Tai Chi form.

The practice of Mindfulness is typically a quiet and motionless process to relax the mind, and pay attention to the present moment. It is usually practised independently from Tai Chi, yet when integrated into the form provides the mental discipline to bring mind, breathing and movement together.

Tai Chi should feel like “Meditation in Motion”.

Think of our minds as the surface of a lake or an ocean.



There are always waves on the surface – some will be big and some will be smaller. Some will be so still that we barely notice them. The water's waves are strengthened by the wind, which can come and go, and will also change in intensity and direction, just as the stress in our lives comes and goes and changes in direction! We cannot stop the wind, but it is possible to find shelter from the wind.

“You can't stop the waves, but you can learn to surf” (Kabat-Zinn, 2004).