



Dr. Atreyi Mukherji

MD, FRCPC, MPH

*Internal Medicine, Infectious Diseases,
Complementary Integrative Medicine*
& Integrative Health Coach*



BREATHWORK MINIS

Minis: focused breathing techniques for immediate effect to reduce anxiety and tension—any place, any time, and no one will know you are doing it—can do while stuck in traffic... while walking... while on hold in a phone call... while waiting in your doc's office... when someone says something that bothers you... in the dentist chair... when you feel overwhelmed... while standing in line... When in pain... in the night when you cannot sleep... and in almost any moment.

TEN TO ONE

(10 down to one with outbreath for each number). Count very slowly from 10 down to one, one number on each outbreath. Thus breath in and on the first outbreath say "10" and with the next outbreath, say "9", working your way down to "0" and when at "0" notice how you feel.

1, 2, 3, 4

(1,2,3,4 in; 4,3,2,1 out). As you breath in, count slowly up from "1" to "4" and as you breath out, count slowly back to "1" from "4." Thus as you breath in, say quietly "1..2..3..4," and as you breathe out, say quietly to yourself "4..3..2..1." Do this several times.

BREATH COUNTING

(Counting the space between the inbreath and outbreath 1,2,3). Thus after each inbreath, pause and count, "1..2..3;" and after each outbreath, pause again and count "1..2..3." Do this several times.

IN AND OUT

(Inbreath ((I am)) and outbreath ((at peace)). On the inbreath, you think and/or say internally, "I am;" and on the outbreath, you think and/or say internally, "at peace" repeat this several times—can also do while walking.

SQUARE BREATHING

Square breathing: inbreath vertical & horizontal and outbreath vertical & horizontal to complete square. Visualize a square. On the inbreath, visualize a vertical line and then a horizontal line. On the outbreath, you visualize another vertical and horizontal, and you complete the square.

Southmount Health Care Centre

Aviva Medical Specialist Clinic Inc.
35 Upper Centennial Pkwy 2nd floor
Stoney Creek, ON L8J 3W2

Local main line: 905-662-3303 • Local fax line: 905-662-3304
Toll free main line: 1-855-210-0757 • Toll free fax line: 1-855-210-0758
Visit our website: avivamedical.com