

Hello, my name is Tracey Meyers. I'm a staff clinician at Lawyers Concerned for Lawyers, a licensed clinical psychologist and mindfulness and yoga teacher.

Today I'll be introducing one practice to utilize the power of your breath for well-being. This practice is called coherent breathing.

Coherent breathing is a balancing breath. It can help with stress management, mood regulation. It can help improve attention, concentration and focus. It can help you feel energized, particularly when you add some arm movements in, which we're going to do today, and help to stabilize the mind.

This is a practice you can do anytime of day. Some people prefer to do it in the morning, some people in the evening, some people during a break. So try and experiment yourself to see what works best for you.

We'll be doing your breath that will have both an equal in-breath and an equal out-breath, and I'll be counting so that you can acclimate your breath to the rhythm that I'm counting. If the counting doesn't work for you, or you find that it's too slow or too fast, you can find your own rhythm. The key is to have an equal in-breath and equal out.

After we do a few rounds of the coherent breathing, I'll add in some arm movements to help activate and energize you.

And finally, we'll do one practice that includes some breath holds. Breath holds really refer to holding the breath in for a short period of time, which can further energize your system and help you feel alert, focused and awake.

So let's begin. Find a comfortable seated position, where your chest is open and you can find some ease, relax the shoulders back and down.

Take a few breaths now just finding the natural rhythm of your breath, breathing in through the nose and out through the mouth. And again, breathing in through the nose. And out through the mouth. During this practice you can breathe in and out through your nose, keeping your mouth closed if that works for you, or you can keep your mouth slightly open so that as you breathe out, the air gently escapes through your lips.

Let's begin. Inhale 2-3-4, exhale 2-3-4. [Repeat 4 more times.]

And now we'll add the arms. Inhale 2-3-4, exhale 2-3-4. [Repeat 4 more times.]

Now we'll add in a hold still using the breath and the arms together, so bringing the hands right below the belly, and we'll bring them up on a count of four breathing in 2-3-4. Hold the breath in 2-3-4, exhale lower the arms 2-3-4-5-6 hold the breath out 2.

So we'll be breathing into a count of 4, holding the breath for a count of 4, exhaling to a count of 6 and pause at the bottom for 2 beats. All right, so I'll count and it will hopefully make sense and you'll feel a little bit more energized at the end, so we'll do 5 rounds.

Inhale 2-3-4, hold 2-3-4, exhale 2-3-4, hold 2. [Repeat 3 more times.]

Final one; inhale 2-3-4, hold 2-3-4, exhale 2-3-4-5-6, release.

So just notice how you feel after this coherent breathing practice. This practice was created by Doctor Patricia Gerberg and Doctor Richard Brown, two research psychiatrists who've looked at the healing power of the breath and found coherent breathing to be a valuable practice to do every day.

So I hope you've enjoyed it and feel free to reach out if you have any questions. My name is Tracey Meyers. You can find me at the LCL website; you can also email me with any questions tracey@lclma.org. Thank you again for joining me. Take care.