



HEALTHY@HARRIS
Caring for ourselves so we can care for others

Conscious Breathing Wellness Workshop

Taught by the Healthy@Harris
Employee Wellness Team

HARRISHEALTH SYSTEM

Engaging and Earning Points

- **Chat Box**

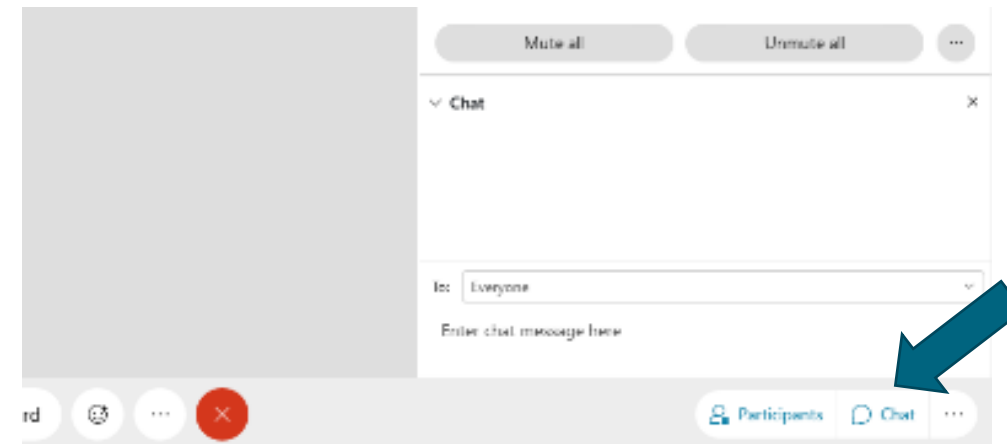
- Type questions, thoughts, examples, in the chat box. The more interaction the better.

- **Points**

- You can only receive credit for one Wellness Workshop per day.
- Confirm your employee ID is entered correctly when registering for Employee Wellness activities.
- Please allow up to 4 weeks for 50 points to be reflected in MyCigna.

- **Calling in**

- If you called in, make sure your phone number is connected to your registration ID in the participant list.
- If not, Webex will not count you as attended. Please rejoin the Webex.



Healthy@Harris Employee Wellness Team



Michele Hunnicutt, MSHP, CHES, CWWPC
Director of Employee Wellness & EAP
Harris Health System



Courtney Karam, MPH, CHES
Sr. Employee Wellness Coordinator
Harris Health System



Ellen Ogedegbe, M.Ed., CHES, CWC
Employee Wellness Coordinator
Harris Health System



Haley Love, MPH, CHES
Employee Wellness Coordinator
Harris Health System



Latecia Murphy, M Ed, RN, BSN, CHES
Cigna Onsite RN Health Coach
Cigna



Leah Garcia Campbell
Sr. Client Engagement Manager
Cigna



Crystal Cunningham
Onsite Client Service Partner
Cigna

Being aware of your breath forces you into the present moment - the key to all inner transformation. Whenever you are conscious of the breath, you are absolutely present. You may also notice that you cannot think and be aware of your breathing. Conscious breathing stops your mind.

Eckhart Tolle

QuoteMaster.org

Learning Objectives

- Define Conscious Breathing
- 7 Habits of Conscious Breathing
- Benefits of Improving Breathing Habits
- Three Basic Breathing Exercises

Activity

- Take a deep breath, expanding your belly.
- Pause.
- Exhale slowly to the count of five.
- Repeat three times.

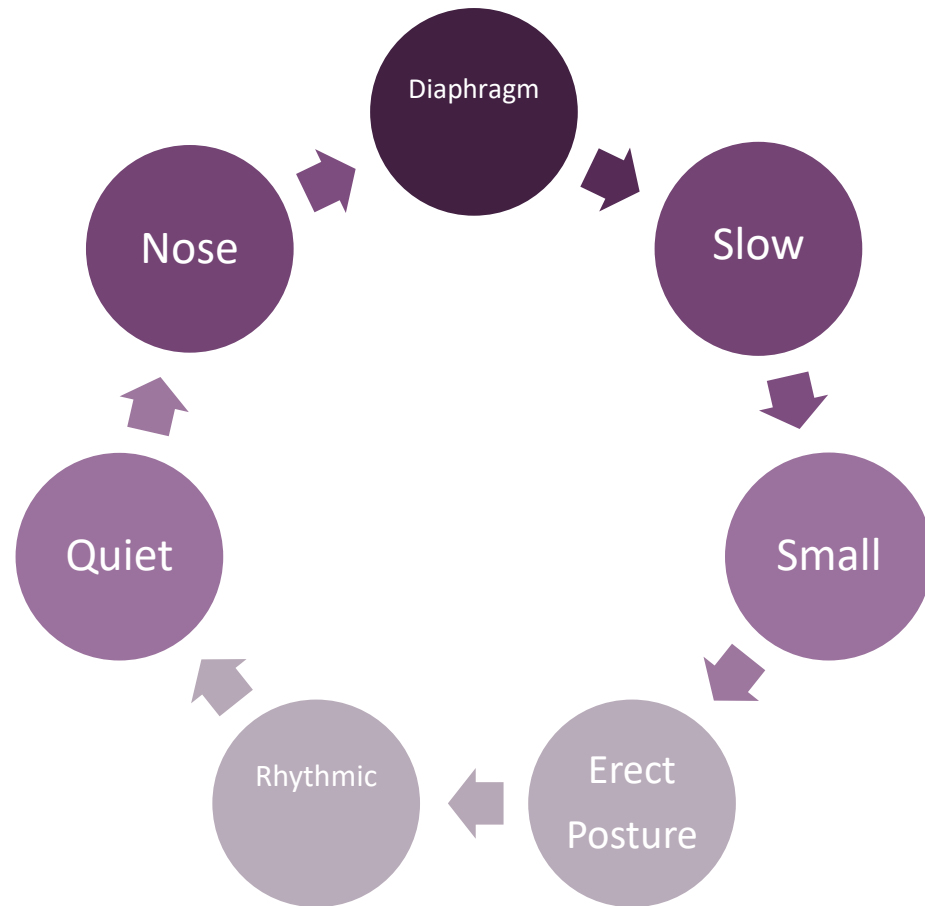
What is Conscious Breathing?

Conscious breathing is an umbrella term for methods that direct awareness to the breath. These methods may have the goal of improving breathing, or the primary goal can be to build mindfulness. Human respiration is controlled consciously or unconsciously. Conscious breathing can aid in stress reduction, improving breath-related conditions.





The Seven Habits of Conscious Breathing



Habit 1: Nose

- Good breathing starts in your nose
- Air is prepared for the lungs
- When we breathe through the mouth airways become irritated, inflamed and narrow

Habit 2: Diaphragm



- The diaphragm is our main breathing muscle
- The diaphragm and heart are the only muscles in the body that never rest
- As we inhale the diaphragm moves downward and expands in all directions
- Diaphragmatic breathing is low and wide

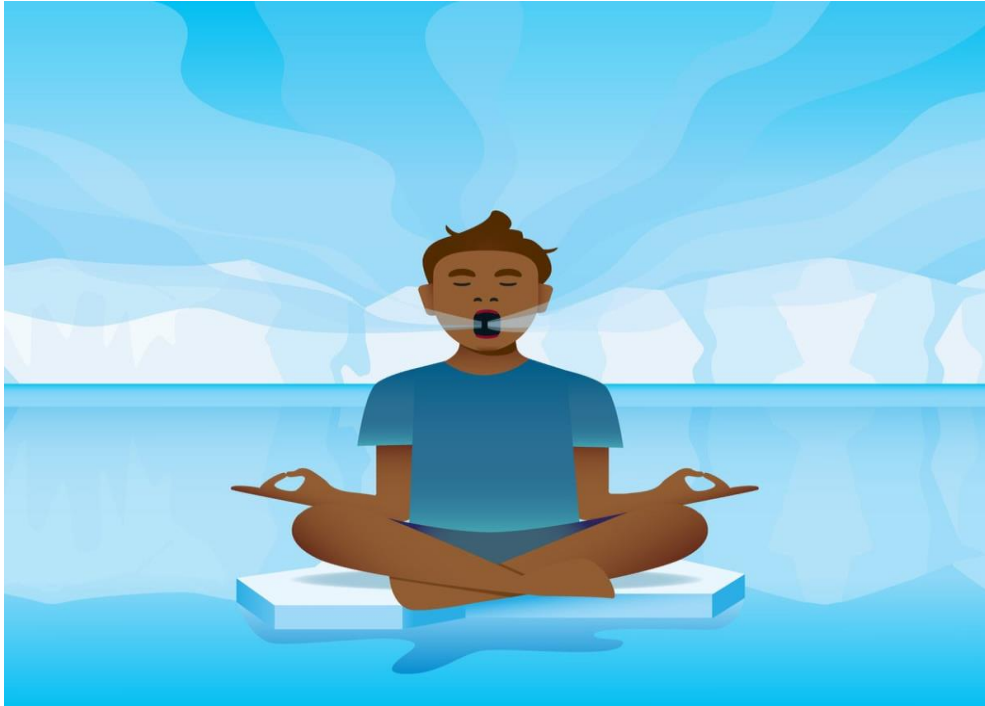
Habit 3: Slow

- A healthy breathing rate is no more than 6-12 breaths per minute
- We tend to breathe at a much faster rate which is associated with stress and poor oxygenation
- Most people take about 18-25 breaths per minute

Habit 4: Small

- A normal breath contains about .5 liters of air
- Many people tend to take bigger breaths and breathe faster (10-15 liters of air per minute)
- An imbalance between oxygen and carbon dioxide is created

Habit 5: Erect Posture



- It is difficult to breathe with a slumped posture
- Our breathing gets shallow and usually faster when we collapse
- Over time there is an increased risk that we open our mouth

Habit 6: Rhythmic

- We may tend to hold our breath in certain situations which leads to over-breathing
- At night this is called sleep apnea
- During the day it has been called concentration apnea

Habit 7: Quietly

- Every time we make a sniff, snore, sigh or clear our throats, air is moving in and out of our lungs
- These breaths are very ineffective

How often do you think about your breathing habits and how they could be affecting your health?

- A) Always
- B) Sometimes
- C) Never
- D) I didn't know how I breathe can affect my health

Benefits of Improving Breathing Habits

Benefits of Improving Breathing Habits



- Boost Your Energy
- Increase Fat Burning
- Relaxed Brain
- Better Sleep

Benefits of Improving Breathing Habits

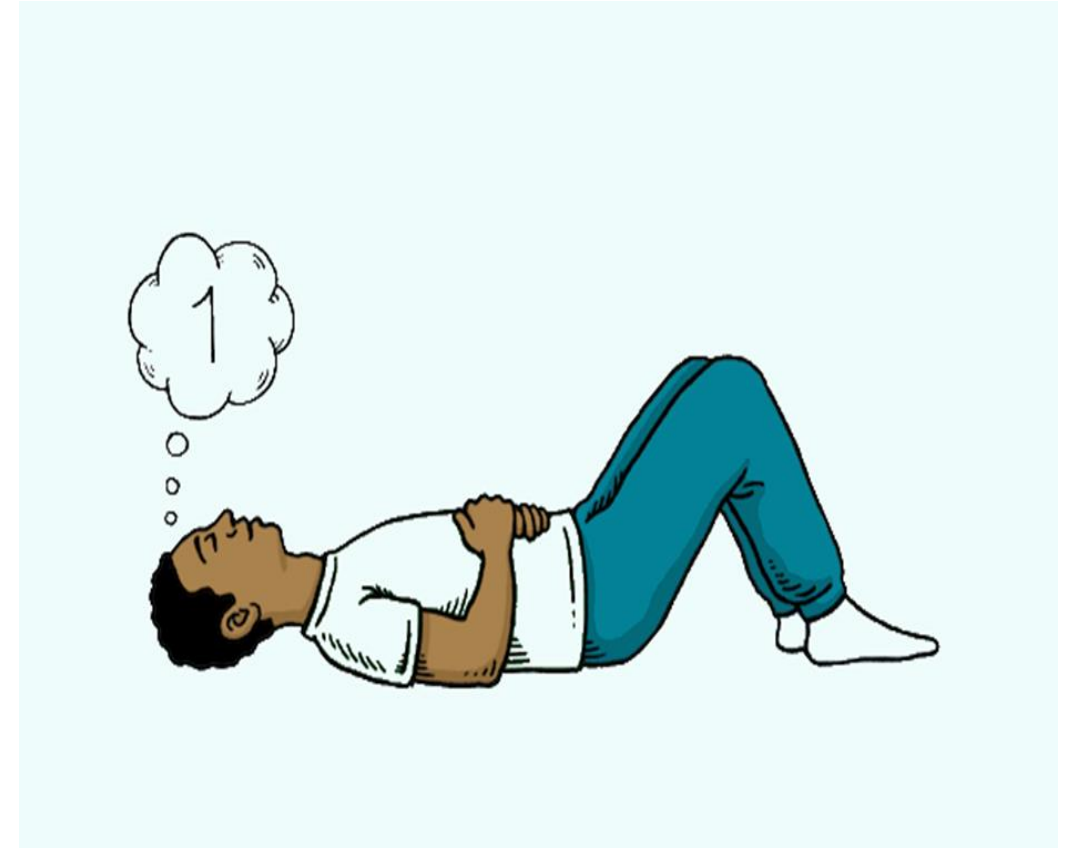
- Stronger Heart
- Improved Endurance
- Less Worry
- Pain Relief
- Increased Spiritual Growth



Breathing Exercises

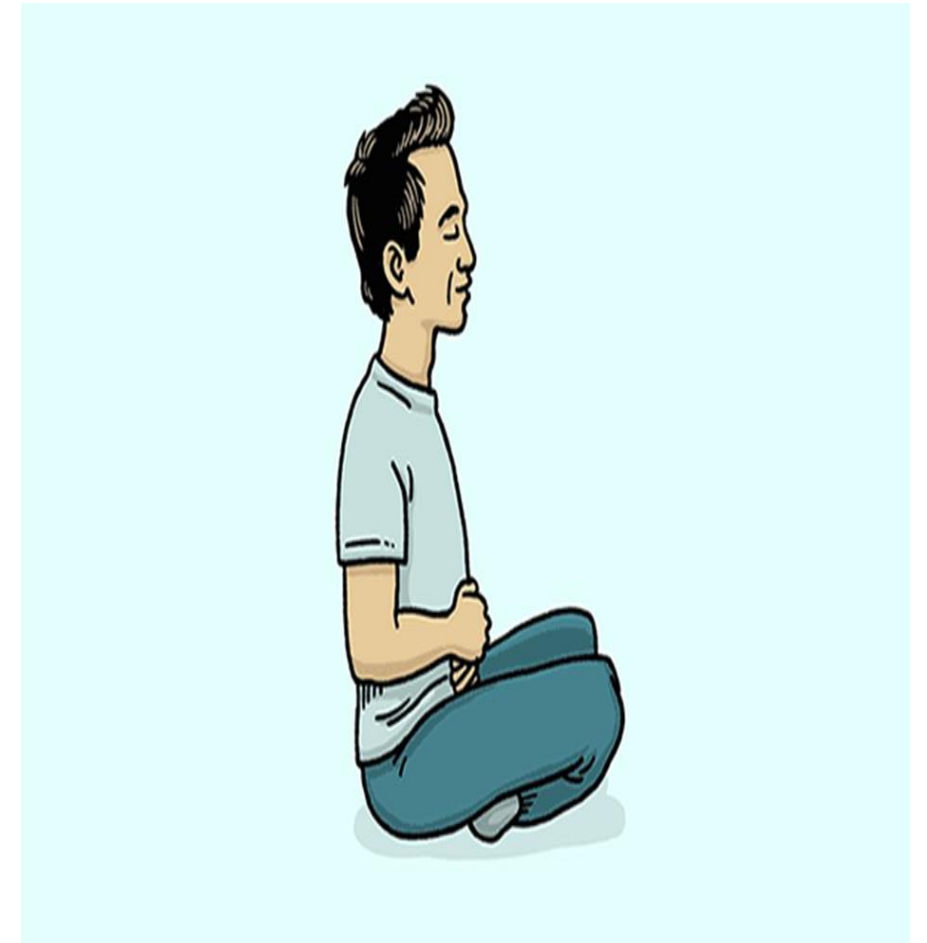
Coherent Breathing

- Sitting upright or lying down, place your hands on your belly.
- Slowly breathe in, expanding your belly, to the count of five.
- Pause.
- Slowly breathe out to the count of six.
- Work your way up to practicing this pattern for 10 to 20 minutes a day.



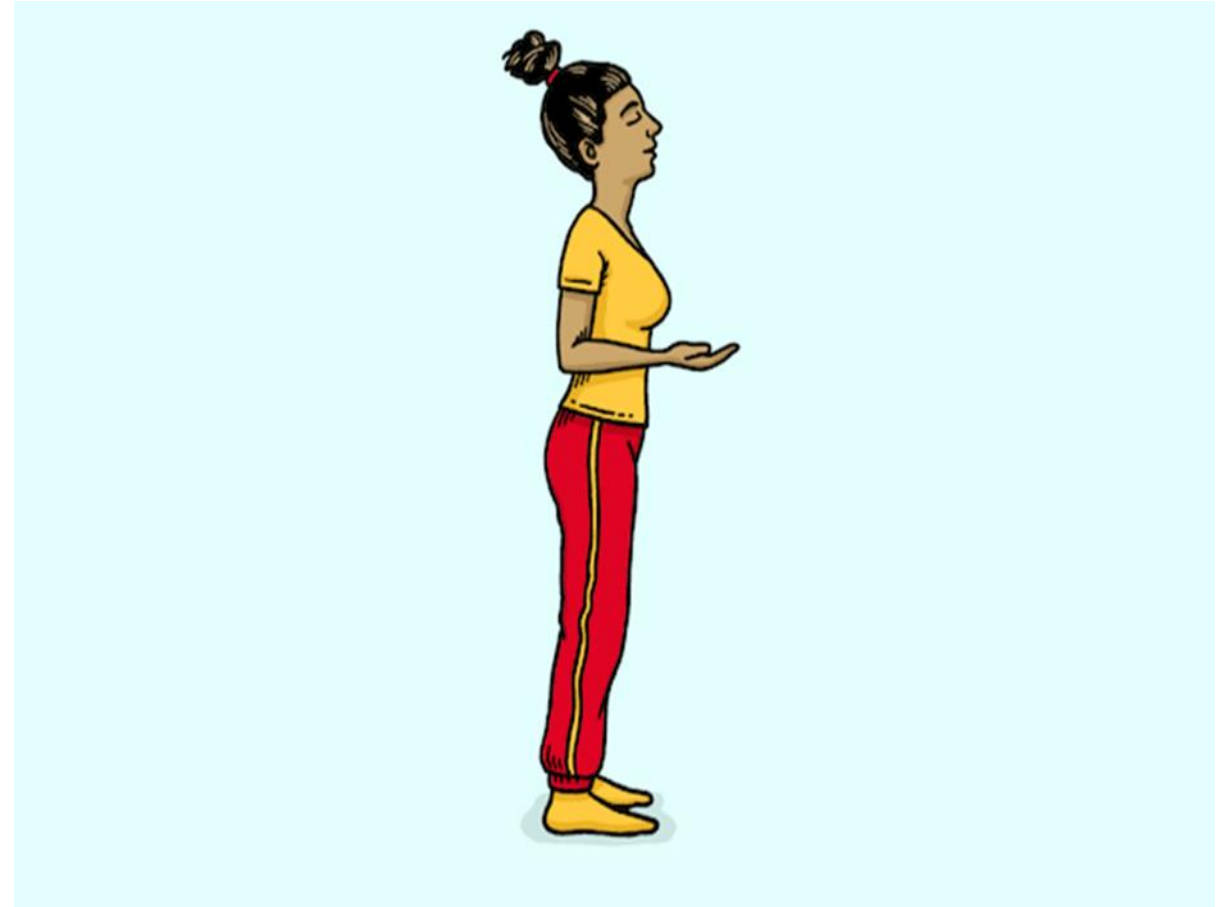
Rock & Roll (Stress Relief)

- Sit up straight on the floor or the edge of a chair.
- Place your hands on your belly.
- As you inhale, lean forward and expand your belly.
- As you exhale, squeeze the breath out and curl forward while leaning backward; exhale until you're completely empty of breath.
- Repeat 20 times.



Energizing HA Breath

- Stand up tall, elbows bent, palms facing up.
- As you inhale, draw your elbows back behind you, palms continuing to face up.
- Then exhale quickly, thrusting your palms forward and turning them downward, while saying “Ha” out loud.
- Repeat quickly 10 to 15 times.



Which breathing exercise could you incorporate into your day?

- A) Coherent Breathing
- B) Rock & Roll
- C) Energizing HA
- D) All of them!

Breath is the link
between mind and
body.

Dan Brule

QuotePixel.com

Resources

Stress Management and Counseling Services

- Employee Assistance Program
 - Online: www.feieap.com,
 - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - 713-873-6407 or Latecia.Murphy@harrishealth.org

HEALTHY@HARRIS

Caring for ourselves so we can care for others

346-426-1597

employeeewellness@harrishealth.org

[Visit our website!](#)



#6 in America



#1 in Texas

