



# Breathe & Receive

Six instant stress busters for  
more peace, calm & resilience

WELL-BEING  
TOOLKIT

# #1 Physiological Sigh

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*The fastest real-time tool for stopping anxiety and stress in their tracks.*

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It's a simple technique: two inhales through the nose followed by an extended exhale through the mouth until your lungs are empty.

1. Inhale long, through your nose, until almost full.
2. Then inhale again quickly, until full.
3. And then a long, slow exhale through your mouth.

You can do it ANY time you are feeling stressed and want to feel more calm. Typically just one or two, maybe three physiological sighs are sufficient to bring your level of stress and alertness down very fast and allow you to feel more calm.

# #2 Extended Exhale

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*This simple act of slowing down is such a beautiful self-blessing.*

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Any time your exhale is longer than your inhale you're calming your nervous system and slowing down your heart rate. You can count in for 2 - out for 4, in for 4 - out for 6, nothing forced, just intentional.

Simply by intentionally slowing down you are gifting yourself profound and layered nourishment, physically, energetically, mentally, emotionally, creatively, soulfully.

#3

# Quick Heart Coherence

## Part 1

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*Harmonizing our heart and brain is a hotline to our subconscious, to our intuition and where healing begins in the body.*

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Begin by creating an anchor by bringing a hand to your chest and slowing your breathing. Shifting your focus from your mind to the area of your heart, and breathing a little slower than usual.

Imagine your breath is flowing in and out through your heart. Think of your breath and your heart as two old friends. As you slow your breathing, you are sending a signal to your body in general, and your heart specifically, that you are in a place that is safe and it's okay to turn your attention inward. (This step is also a powerful, stand-alone technique when you're feeling overwhelmed by the day's events or simply wish to be more connected with yourself.)

# Quick Heart Coherence

## part 2

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This next step is key.

Now, activate a positive feeling. From your heart center, make a sincere attempt to experience an elevating feeling, such as gratitude, appreciation, or care for someone or something in your life.

The key in this step is to first create the feeling to the best of your ability, and then to surrender to the feeling, fully embracing it while allowing it to radiate from your heart to fill your body and permeate your entire being.

These key feelings are what create coherence and give us resilience. They are the trigger for over 1300 biochemical reactions activating the healing systems in the body and helping to remove fear and worry, improve decision making and prevent stress under pressure.

The more you practice, the more quickly heart coherence emerges and the easier it is to sustain. Nurturing ourselves nourishes our world.

# #4 Palming

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*Awaken the healing energy in your palm chakras and soothe your tired eyes.*

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- Rub your hands together vigorously 15–30 seconds until they feel warm and energized.
- Then cup your hands over your eyes to block out the light, but making sure not to touch the eyelids.
- Close your eyes, breathe deeply and relax.
- Imagine the eyes absorbing the darkness like a sponge, along with the healing warmth and energy from your hands.

Continue as long as you feel soothed, for a few seconds or up to five minutes.

# #5 Figure 8's

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*Figure 8 patterns in the energy body are central to feeling grounded and balanced, and they're wonderful for soothing tired eyes.*

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When your eyes feel tired or strained, you can trace the infinity symbol (sideways figure 8 patterns) over your eyes with your hand. Eyes may remain open or you may rest them gently closed. You can use two fingertips to touch your face beginning at the bridge of your nose, over one eyebrow, down the temple, underneath the eye, crossing back up over the bridge of the nose to above the other eye, continuing this pattern. You can also trace the figure 8's without touching your face directly using all of your fingers just in front of your face. Continue until you feel a shift .

# #6 Take 5 - Portable Meditation

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*Fast, easy and effective. And you can do it anywhere.*

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## **Peace Begins With Me**

We do this practice by touching the thumb to each finger as we say the words,

- Thumb to forefinger = Peace
- Thumb to middle finger = Begins
- Thumb to ring finger = With
- Thumb to little finger = Me

Breathe deeply as you say each word. Go as slow or as fast as you'd like. Use this waiting in line, under the desk in an office meeting or even in the middle of a courageous conversation with partner or friend.

This small technique redirects your mind, reduces stress, and supports your overall well-being by pressing on the different fingers. (Our fingertips contain acupuncture points which get stimulated when we practice this technique.)





## Kathy Shaul - Transformation Catalyst

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IMHO the world needs more JOY, peace, and wellness. Sacred soul care (self-care) and conscious movement. Time-outs. Permission to breathe and be aware of our energy. To feel good, move more and live out loud.

Through conscious movement and breathing we heal, have more energy, are less stressed, and are kinder. To ourselves and one another. Side effects may include Improved focus, and circulation, flexibility, cardiovascular conditioning, weight management, better health, restful sleep, ability to breathe, JOY, inner peace, LOVE.

Please give yourself permission to put yourself and your self-caring for you at the top of your To-Do list, to stop pushing so hard. You are already enough. You already do enough. Putting your own oxygen mask on first gives you the resources to care for the ones you love. It's my privilege to show you how.

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