



A Better Way Hypnotherapy, LLC

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It's Easy... A Simple Breathing Exercise

Remember it usually takes 21 days to remove an undesired habit. If you ever get the urge to return to an undesired habit or feel a sense of anxiousness related to the old habit, follow this simple process. When you do it, your desire to reinforce the healthy or beneficial habit becomes stronger and more effective. You can be successful.

1. Kick the urge or stressor out of your mind. (ex. Eating to manage my stress is not an option OR I am a non-smoker and there is no room in my life for cigarettes.)
2. Close your eyes, if safe to do so.
3. Imagine yourself at your “happy place”; a relaxing, comfortable, and safe place (like the beach, lake or mountains). The image should be very clearly seen in order to elicit the desired biochemical reaction.
4. Take a deep breath in and hold it to a slow count of three and let it out. Hold it out for a slow count of three.
5. Relax. (Release all of your tension and stress.)
6. Repeat the breathing exercise (taking in a deep breath, holding it to a slow count of three and letting it out for a slow count of three) for a period of 4-7 minutes. The reason for the 4-7 minutes is because that is how long it usually takes to remove an undesirable urge or lower anxiety and to restore oxygen back to the appropriate levels needed by the body.
7. While doing the above breathing exercise, take your index finger (pointer) and your thumb and roll them together. This will send an electrical impulse to the brain that the fingers are busy, the mind is relaxing, and the body is getting the needed oxygen. There is no room in your life for the undesired habit!
8. Regain Control (Feel the Strength.)
9. Remember the person you are becoming is more in control and more healthy. You are in control, you make healthy choices, and you are making long-term lifestyle changes which put you on the successful path toward optimal health and wellness.