

# Inner Power Hypnobirthing

## BREATHING TECHNIQUES TO KEEP YOU CALM AND IN CONTROL

When you feel fear, adrenalin is produced in large quantities. The more fear you feel, then the more adrenalin is produced.

So, to counteract the adrenalin production, concentrating on breathing automatically reduces its flow as it reduces our fear.

### *Breathing technique one*

Breathe in to a count of four.

Breathe out to a count of six.

Repeat this as many times as required, and at least fifteen times.

This sends a signal to the unconscious mind to reduce the adrenalin flow. In this way you are always in control.

### *Breathing technique two: the programme for three deeper breaths*

- Breath 1 brings instant mental calmness.  
As you breathe out SAY to yourself, "I am calm".
- Breath 2 brings instant feelings of physical relaxation.  
As you breathe out SAY to yourself, "I am relaxed".
- Breath 3 brings instant feelings of confidence.  
As you breathe out SAY to yourself "I am confident"  
"I can do ..."

Breathing technique two can be used whenever you want instant feelings of calmness, relaxation and confidence. Using the breath reduces the adrenalin flow, so creating calmness and relaxation.

This is a great programme and can be used in any situation not just for pregnancy and birth. You can use it in the work situation, going for an interview, when giving a presentation, and in fact at any time you just need to boost your calmness, relaxation and to be in control.

## With compliments from Paola Bagnall