



50+ Ways To Practice Conscious Breathing

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Helping Women Find Moments To Connect With Their Breath and Create Calm

This conscious breathing guide was designed to help women find moments in their day where instead of becoming upset, they could connect with their breath to create calm.

This guide was developed out of my own realization that we can't fight the tides of life. Riding the waves helps prevent being tossed underneath them.

"NOW is a great time to practice your breathing" started out as a joke among friends and family; and quickly turned into a fun practice of finding opportunities to #justbreathe.

Now, turned into this breathing guide for others.

These are some of the WTF moments of feeling overwhelmed, and instead of spiraling, we learned that connecting with the breath helps us move through each moment.



Remembering to be like the element of water, flowing through what life throws at you, and using humor to navigate through this tumultuous sea of life.

Some of the ways in which we “practice” connecting with our breath were scary as hell, some were filled with worry in the moment, and the rest met with laughter. Looking back on most of these moments we are able to find the humor in each of them.

Thanks to our moment to moment practice of present moment living we realize each story, and each challenge that arises is a choice to respond or react.

I hope you enjoy reading this as much as I have enjoyed putting it together. Most importantly, I hope this guide makes a lasting impression on creative ways where you can practice connecting with your breath to find calm in almost any situation..



Briana
Bragg



Let's Begin....

- 1 When you get pulled over in a foreign country at 2 AM, the police are searching the car and you don't speak the language very well.
- 2 When a stomach bug hits you all of a sudden and you're standing in the security line at the airport.
- 3 When you notice a HUGE spider in your shower half way through lathering your body with soap. OMG!
- 4 When your international telegram call with your business partner drops for the 9th time in 30 minutes.
- 5 When your puppy poops and pees all over the floor for the 4th time in a span of midnight to 4:00 am.
- 6 When you receive a call from your daughter's school informing you that she somehow cut off the tip of her index finger during an 'arts and craft' project!
- 7 When your four wheeler breaks down in the middle of the night on your fourth day in Mexico and you don't know how to speak one word of Spanish, nor do you have many options for people to call.
- 8 When your mother comes for a visit and overflows your septic tank from doing 12 loads of laundry in a single day!
- 9 Right before cold plunging 6 times at the spa's cold plunge, in the backyard pool, or before a cold shower b/c there is NO hot water!
- 10 When your medicine (mushroom, Ayauscha, etc.) journey starts to blast you off into outer space...it's a good time to practice your breathing.



NOW is a great time to practice your breathwork...

11 When you fall on your way to the bathroom on a blind date in the middle of the restaurant.

12 When your fight, flight, and freeze are all arguing to see which one wins....

13 When biking to the beach and you nearly get hit by a car.

14 When hangry kicks in and you can't find a way to get food!

15 When you're on a walk and a construction vehicle is riding next to you, beeping the entire way. OMG, #justbreathe !!

16 When your noisy neighbors are playing their music really loudly at 3 am and you're trying to sleep.

17 When you find out you missed your international flight after driving two hours to get to the airport. Shed a couple of tears, then breathe ;)

18 When you feel other people's energy in a crowded room.

19 When the AirBNB guests next door are having sex really loudly, moaning and screaming...it's a good time to practice your breathwork

20 When you get lost on your road trip and are about to run out of gas.



NOW is a great time to practice your breathwork...

21 When you're on a morning boat excursion and you feel like you're going to throw up.

22 When you're snorkeling on vacation and your partner leaves you behind after discovering an eel is swimming underneath you...

23 When you're ready to pay the check at a restaurant and the server disappears.

24 When you try to quietly expel gas and accidentally \$#@! yourself right before leading an 8 hour training.

25 When it's your 2nd night living in a new country and your GPS drops you in the middle of a dirt road and says you've arrived home, for the 7th time at 10 pm in the pouring rain.

26 When your dress rips during your first meeting at an all day conference.

27 When you realize you locked your BABY in the car with the keys.

28 When the drone goes down in the middle of the ocean, on the first day of filming.

29 When you're trying to have an intimate, romantic dinner and the guy sitting at the table next to you is scraping his fork to the plate worse than nails on a chalkboard.

30 Right before giving a presentation on stage or for an important client.



NOW is a great time to practice your breathwork...

31 When you lather your hands up with soap and realize there's no water.

32 When you put eye drops in your eyes just before your high school reunion only to realize it wasn't Visine, but rather cold sore medicine!

33 When you realize there's no more toilet paper in the public bathroom, and you just took a messy, large dump (or your moon just started!)

34 When you come back to your car to find it was towed. YEP, time to BREATHE!

35 When you accidentally walk into someone's hotel room in the middle of an attempted orgy. AWKWARD!!

36 During all 24 hours of unmedicated labor!

37 When you realize the tour guide left you at the coral reef!!

38 When you hit the car in front of you and realize there's some bumper damage on your way to an appointment that you're already running late for.

39 When you knock over a 10-ft stacked pile of water at the grocery store with your cart!

40 When your team selects a high ropes course for a team building activity and you're deathly afraid of heights!



NOW is a great time to practice your breathwork...

41 When you discover that an opossum birthed a liter of babies in your college dorm closet.

42 When sitting on a boring conference call.

43 When your thongs fall out of the pocket of your shorts or jeans on the restaurant floor or (insert location here_____).

44 When you accidentally text your mother a sexy pic that was meant for your boyfriend/spouse/partner.

45 When dancing with a hot guy/gal and your skirt comes untied, falls to the ground and you aren't wearing any underwear.

46 When you're home alone with your baby sister and an earthquake hits.

47 When you find out you're accidentally pregnant!

48 When you're computer restarts for the 4th time in the middle of an important presentation.

49 When all of your electronics get stolen the night before a 3-day corporate training session for a client.

50 When standing in a long line at the airport, concert venue, grocery store...especially when it is moving slower than needed to get on with your day.



BONUS

Opportunities to Practice Breathing That Won't Interrupt Your Daily Routine

- When the alarm goes off
- While brushing your teeth
- In the shower
- While on the toilet
- While shaving
- When driving in rush hour traffic and road rage kicks in
- When your child is screaming in line at the grocery store
- When you're waiting to hear if your request for a raise was approved
- At night while laying in bed and you can't sleep - 4, 7, 8
Count the Natural Tranquilizer
- While tanning on the beach or by the pool
- Right before you guzzle down your food. 5 deep breaths
- In between sets of working out
- Before walking into a networking event
- While watching TV
- As you're walking onto the airplane and you're afraid of flying
- When your spouse pisses you off
- Before walking into dinner with the family
- While reading your favorite book



Breathing is the Essence of Life

A person can typically last:

- Three weeks without food
- A few days without water
- But only 4-6 minutes without breathing

However, the majority of us, while not really focusing on breathing throughout the day, actually breathe in a way that keeps our body in a stressed-out state with short, shallow breaths into the chest. Chest breathing constricts the air flow into and out of the body, thus minimizing the amount of oxygen carried through our blood to our vital organs.

Diaphragmatic breathing increases oxygen and allows the lungs to fully fill with air. Diaphragmatic breathing is done by inhaling deeply into the abdomen, feeling the abdomen expand as you inhale filling your lungs with air, and fully releasing as you exhale. Feeling the abdomen contract on the exhale.

Mindful, conscious breathing has many impactful benefits including reduced anxiety, improved immune function and better health.

Mindful breathing is also linked to better cardiovascular health and is shown to lower blood pressure. Mindful breathing slows our body's response to stress and anxiety, reduces the body's production of the stress hormone cortisol, and puts our nervous system into a parasympathetic state, also known as rest and digest.



Proper Breathing For Relaxation & Stress Reduction

Inhale and Exhale through the nose
Slow your breathing
Align the inhale and exhale

BREATHING EXERCISE:

Inhale through the nose for a count of four
Exhale through the nose for a count of four
Repeat five to ten times.

A little note on cortisol the stress hormone:

Cortisol and adrenaline are both hormones that our "stress systems" rely on. Adrenaline deals with short-term needs while cortisol deals in the long-term.

Cortisol helps control blood sugar levels, regulate metabolism, helps reduce inflammation, and assists with memory formulation. It has a controlling effect on salt and water balance and helps control blood pressure.

Cortisol is the primary stress hormone, enhancing your brain's use of glucose and increases the availability of substances that repair tissues.

Cortisol is best known as the "fight or flight" response. Adrenaline also known as epinephrine helps the body react quickly to situations making the heart beat faster, increasing blood flow to the brain and muscles and stimulates blood sugar production to use for fuel.

Both of these hormones serve a purpose in our body in times of specific situations of stress or in a situation where a quick reaction is needed. Both are important in our body's ability to survive, however too much production of either of these can have negative long term effects.



Every Moment is the Perfect Moment to Find and Connect With Our Breath

Breathing is a proven, simple way to relax the production of cortisol and adrenaline in the body, thus relaxing the nervous system and slowing down.

So.. in those WTF moments or in moments where you are feeling overwhelmed, anxious, stressed out, worried, fearful, unsure or any other feeling that could come up.

Remember... NOW is a great time to practice your breath work.

In fact, it can become a household joke like it has within my circle. With your friends, with your kids, with your partner. Just laugh at the moment and say:

"NOW is a great time to practice (my/your) breath work".



Want To Work With Me?

Thank you for taking the time to read through this conscious breathing guide! I hope you found it funny, entertaining, and also helpful for your daily life and interactions where instead of stressing you can connect with your breath.

I'm Briana Bragg, a conscious transformational specialist, with a passion for seeing other women live a fulfilled life, free of stress, anxiety and overwhelm.

No stranger to the power of change, I boldly and decisively stepped away from decades-old inner turmoil, limiting beliefs and subconscious patterns, along with self-doubt toward a personal awakening grounded in peace and light. I like to think of my metamorphosis to that of a caterpillar in a chrysalis turned effortlessly into an agile butterfly by the struggle and pain they endure of breaking down in the cocoon and breaking free, allowing their wings to fully open, expand and fly.

I understand on a personal level how deep-seated feelings of fear, shame, and guilt drive people to recoil and withdraw from happiness and personal freedom. Adversity is simply a part of life. However, I also know personal breakthroughs do happen when we commit to the kind of meaningful evolution that transcends lives from ordinary to extraordinary.

When working with my clients, I provide the safe cocoon for growth to happen, so lives can be transformed into living free, happy, and fulfilled.

I offer online courses and a certification in the following areas:

Mental Resilience Training

Present Moment Living

Reducing Overwhelm

[CLICK HERE TO LEARN MORE](#)