

# Breath Mindset

# 5

## Steps to Relieve Stress & Anxiety

A Guide by Mary Clymer

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Start Calming the *Mind* Now.

# How to get the most out of these steps

If you are...

- Going through a change in your life
- Recovering from a loss
- Stressed out and ridden with anxiety
- Seeking more from your life

then this is for you!

Conscious connected breathwork is the perfect tool for navigating change and opening you up to unleash your true life potential. The effects of breathwork are so profound that your life can transform simply by changing your breath.

If you are tired of feeling lost or alone and are constantly questioning what the heck is going on around you, then exploring your breath patterns is an ideal place to make a significant change.

Breath is the only tool you will ever own that directly connects you to both your inner world and your outer experience.

I can help you achieve more from your day and help you escape the negative mind-chatter.

But I need you to **commit**.

# Commit

- to doing all the work outlined over the next pages
- to answering the **action questions**. Write them out by hand. This will help you find your direction.
- to building a daily practice. It will take work, and at times it will be frustrating. To beat the pressures of our lives we must be willing to put in the extra work that others aren't willing to do.

NO ONE IS COMING TO SAVE YOU.  
YOU HAVE TO SAVE YOURSELF.

## **ACTION QUESTION:**

What are you hoping to gain from this practice?

## **ACTION QUESTION:**

Where can you schedule in 5 minutes everyday to practice conscious connected breathwork?

# 1

## Do a Mind Dump

Grab a notebook and a pen and start to free flow all the thoughts out of your brain.

Our minds are amazing! Whatever we are telling ourselves about our lives has a way of showing up in our lives. It's true! So if you are constantly thinking negative thoughts about your work, your partner, your friends, the economy, your brain will highlight and point out to you when it sees evidence that what you are telling yourself is true.

**A mind dump is your opportunity to start to see what thoughts control your mind. This helps you identify the story you are telling yourself about the world around you.**

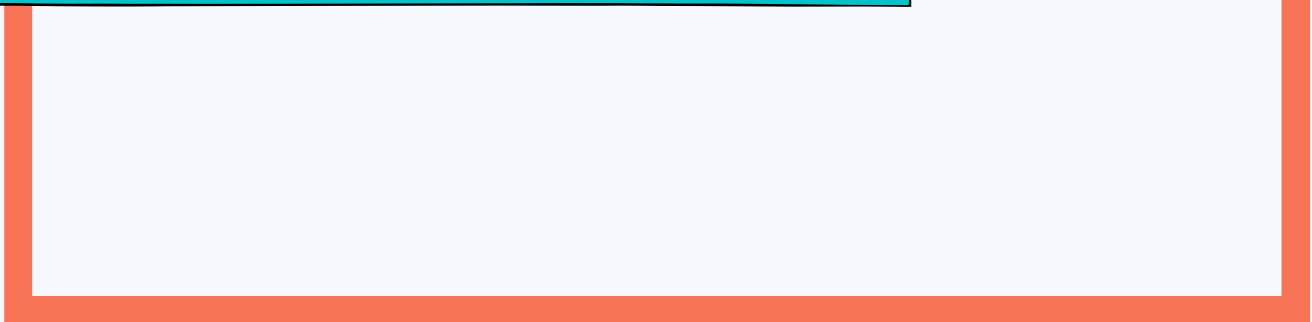
Bottom line: This activity can be challenging because once you are aware of the thoughts that occupy your day it is then up to you to make the steps to change anything you don't like that is constantly coming through.

Do this mind dump every day for a week.

**WE DON'T SEE THINGS AS THEY ARE; WE SEE THEM AS WE ARE.**

### **ACTION QUESTION:**

What are three themes about the story your telling yourself?



# 2

## Identify Emotions

Each of your stories is connected to a deep rooted emotion. Let's identify those next.

Now that you are starting to see patterns in your daily thinking loop, let's place an emotion to each of the top 3 stories you identified.

Identifying your emotions can be tricky. Sometime we think we feel a certain way, but when we start to examine it we find it's something else.

Use the list on the next page to help you feel into your emotions and see which ones resonate most.

There are no wrong answers here. Once you get into the breathing practices all your stories and emotions will naturally rise to the surface. By taking the time to identify them now you are setting yourself up for success so you can go further faster and see results quickly.

### **ACTION QUESTION:**

What emotions are you balancing on a daily basis and how do they feel in your body?

INTENSITY OF FEELINGS	HIGH	MEDIUM	LOW
HAPPY	<ul style="list-style-type: none"> <li>• Elated</li> <li>• Excited</li> <li>• Overjoyed</li> <li>• Thrilled</li> <li>• Exuberant</li> <li>• Ecstatic</li> <li>• Fired Up</li> <li>• Passionate</li> </ul>	<ul style="list-style-type: none"> <li>• Cheerful</li> <li>• Gratified</li> <li>• Good</li> <li>• Relieved</li> <li>• Satisfied</li> <li>• Glowing</li> </ul>	<ul style="list-style-type: none"> <li>• Glad</li> <li>• Contented</li> <li>• Pleasant</li> <li>• Tender</li> <li>• Pleased</li> <li>• Mellow</li> </ul>
SAD	<ul style="list-style-type: none"> <li>• Depressed</li> <li>• Agonized</li> <li>• Alone</li> <li>• Hurt</li> <li>• Dejected</li> <li>• Hopeless</li> <li>• Sorrowful</li> <li>• Miserable</li> </ul>	<ul style="list-style-type: none"> <li>• Heartbroken</li> <li>• Somber</li> <li>• Lost</li> <li>• Distressed</li> <li>• Let Down</li> <li>• Melancholy</li> </ul>	<ul style="list-style-type: none"> <li>• Unhappy</li> <li>• Moody</li> <li>• Blue</li> <li>• Upset</li> <li>• Disappointed</li> <li>• Dissatisfied</li> </ul>
ANGRY	<ul style="list-style-type: none"> <li>• Furious</li> <li>• Enraged</li> <li>• Outraged</li> <li>• Boiling</li> <li>• Irate</li> <li>• Seething</li> <li>• Loathsome</li> <li>• Betrayed</li> </ul>	<ul style="list-style-type: none"> <li>• Upset</li> <li>• Mad</li> <li>• Defended</li> <li>• Frustrated</li> <li>• Agitated</li> <li>• Disgusted</li> </ul>	<ul style="list-style-type: none"> <li>• Perturbed</li> <li>• Annoyed</li> <li>• Uptight</li> <li>• Resistant</li> <li>• Irritated</li> <li>• Touchy</li> </ul>
AFRAID	<ul style="list-style-type: none"> <li>• Terrified</li> <li>• Horrified</li> <li>• Scared Stiff</li> <li>• Petrified</li> <li>• Fearful</li> <li>• Panicky</li> <li>• Frantic</li> <li>• Shocked</li> </ul>	<ul style="list-style-type: none"> <li>• Apprehensive</li> <li>• Frightened</li> <li>• Threatened</li> <li>• Insecure</li> <li>• Uneasy</li> <li>• Intimidated</li> </ul>	<ul style="list-style-type: none"> <li>• Cautious</li> <li>• Nervous</li> <li>• Worried</li> <li>• Timid</li> <li>• Unsure</li> <li>• Anxious</li> </ul>
ASHAMED	<ul style="list-style-type: none"> <li>• Sorrowful</li> <li>• Remorseful</li> <li>• Defamed</li> <li>• Worthless</li> <li>• Disgraced</li> <li>• Dishonored</li> <li>• Mortified</li> <li>• Admonished</li> </ul>	<ul style="list-style-type: none"> <li>• Apologetic</li> <li>• Unworthy</li> <li>• Sneaky</li> <li>• Guilty</li> <li>• Embarrassed</li> <li>• Secretive</li> </ul>	<ul style="list-style-type: none"> <li>• Bashful</li> <li>• Ridiculous</li> <li>• Regretful</li> <li>• Uncomfortable</li> <li>• Pitied</li> <li>• Silly</li> </ul>

# 3

## Flip the Script

Here's where you get to play!

Let's focus on how you want to feel.

In the first two steps you examined how you're feeling and pin pointed some of the underlining themes.

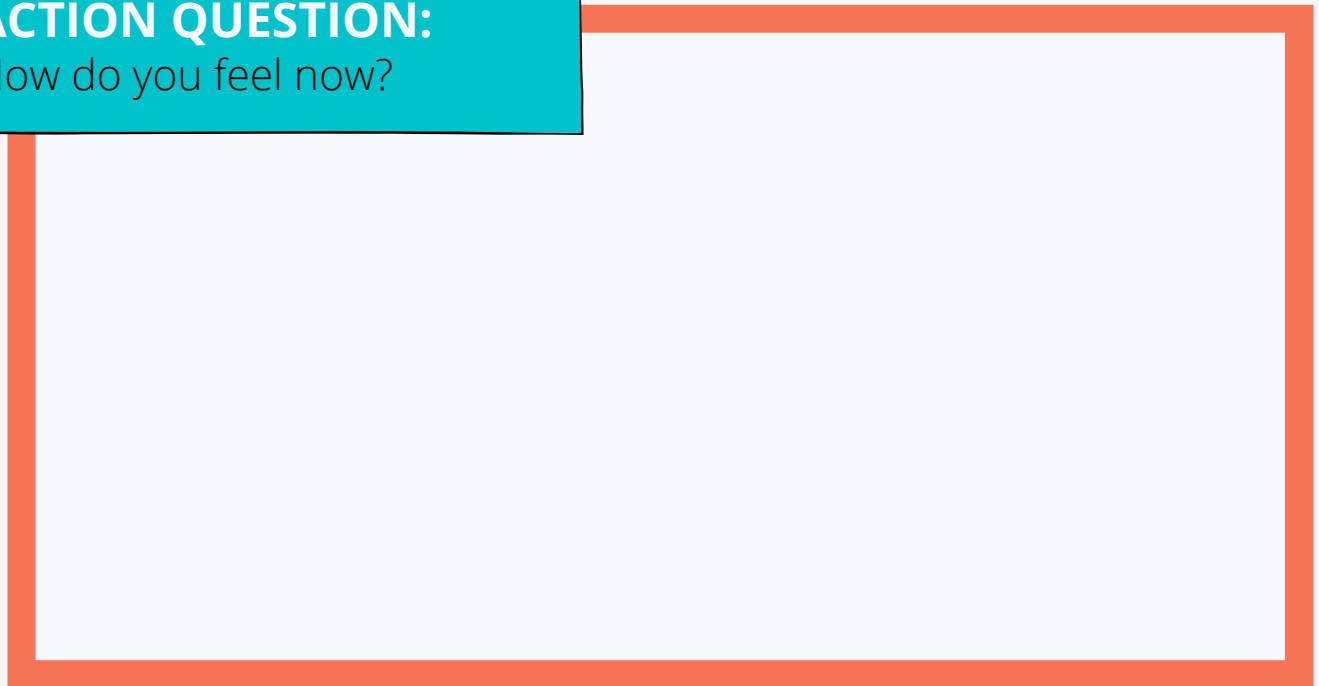
Now it's time to play. Lets take a look at what you want your life to look like. Dream big!

- An endless stream of income
- A life of adventure
- A partner that you are madly in love with
- The perfect job
- Complete health

You name it. Take some time and think about what you want. Get specific! The universe is listening.

### **ACTION QUESTION:**

How do you feel now?



**ACTION QUESTION:**

How do you want to feel?

If you want to feel differently then it's important to identify how you want to feel instead. Go back up to the list of emotions and pick the ones you want to feel.

Notice how the thought of experiencing this new emotion feels in your body.

**ACTION QUESTION:**

List examples of people you know who are living in an experience you want to have.



# 4

## Take Action

Nothing changes if nothing changes.

Action is the only way through whatever challenging situation is currently running your life. Action looks different for everybody. For you it might mean...

- Resolving an unspoken argument
- Saying I'm sorry
- Ending a toxic Relationship
- Taking control of a financial situation
- Standing up for yourself
- Asking for that well-deserved raise
- Leaving an emotionally draining job
- Getting to the gym
- Signing up for therapy
- Committing to a daily breathwork routine (Hey! I like that one!)

Whatever it is, now's the time.

If the action step isn't obvious to you, then sit with this question and review steps that can help you get from where you are to where you want to be.

### **ACTION QUESTION:**

What do you know you need to start, or stop, to improve how you feel?

# 5

## Do Breathwork

Time to take a pause from the mind-chatter and focus on your breath.

To make room for the emotions you want to feel and find more balance and grounding, you must release the fear, anxiety, depression, and baggage that you've been carrying around.

It's time to...

- Drop those negative thoughts and say goodbye to your toxic habits.
- Release those feelings of inadequacy and step into a brighter future.
- Ditch your lethargic droning and start designing your day for success.

Breathwork moves stuck energy in your body while receiving information from your inner voice of how to move forward in a healthy way.

Breathwork liberates you from images, ideas, and thoughts that have been holding you back from pursuing a life you dream of.

Without realizing it, you have learned ways to cope with life's challenges by altering your breath. Most people tend to breathe short and shallow in moments of fear, stress, pain, confusion, and loss. Training yourself to avoid or suppress powerful feelings we are uncomfortable with.

It is time to step into the life that has been waiting for you. Time to use your breath to forge a new path into enlightenment.

5 minutes a day. That's it.

IT'S TIME TO DECIDE...  
ARE YOU CONTENT STAYING THE  
SAME? OR ARE YOU COMMITTED TO  
LIVING A LIFE YOU LOVE?

# 4x4 Breathing Practice

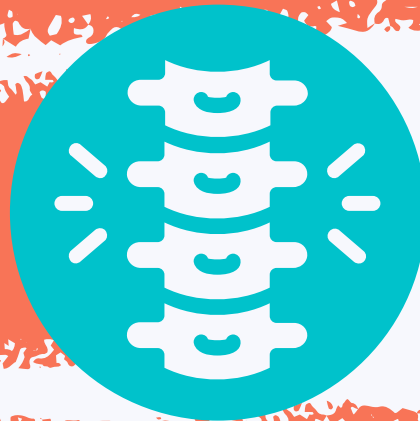
This is a fundamental breathing pattern. It is performed by breathing in and out your nose in equal parts. Inhaling to the count of 4, and exhaling to the count of 4.



take a seat on the floor putting a pillow or cushion under your bum, allowing your hips to stay higher than your knees. This is good for circulation.

If your in the office take a chair and move to the edge so you can plant both your feet into the floor. Hips width distance apart.

Spine is straight  
Body is relaxed  
Chin is tucked slightly  
Eyes are soft or closed



Breath through the nose only. In and out to the count of 4. Taking a natural pause at the top of the inhale and the bottom of the exhale.

Breath deep into your belly, feeling it rise and fall.

Do 10 rounds or just set your timer for 5 minutes.  
Do this everyday for the next week.  
Commit to sitting and breathing slowly in this manner.



# Final Check-in

This check in should be used 7 days of consistence daily breakwork and personal reflection.

## **You didn't just skim through the guide...right?**

If you did, no worries. You can start again. Go back to step 1 and re-commit.

Let's review...

## **Did you answer all the action questions?**

These steps are designed to give you clarity. Working through the hard questions and doing inner reflection helps move you from stress to ease.

If you did take your time and drill down to the root of your emotions, triggers, and stories you've been telling yourself then **Hooray!**

**You my friend are doing awesome.** You're already ahead of most people. Taking time to evaluate your circumstances and make the decision to do something about them is powerful.

## **Congratulations!**

Now it's time to take action. Continue building that momentum. Continue to show up and breath even when it's hard to.

If you've done all the steps and aren't seeing results...yet, keep going. You are in the process of retraining your mind and body to focus in a new way. Unlayering our limiting beliefs takes practice and time.

**This practice is simple, not easy. Keep going. I believe in you! And I can't wait to hear how these steps helped you along your journey.**

Breathe Well

# Share this with a friend!

Keep taking action steps to breathe into the life of your dreams.

Share this guide with a friend so you can help keep each other accountable on your breath journey.

Ready to dive deeper?

Join the **Breath Mindset** community!

Meet others like you on a journey towards inner enlightenment. Continue to build your toolbox of breathing techniques designed to help you move out of stress and into alignment.