

## **Breathe in Life: Breathe Out Stress**

**By**

**Sally Goldberg, Ph.D.**

**Q.** Stress is so major during the holiday season. Do you have any ideas for helping children to stay relaxed?

**A.** Believe it or not the simple act of breathing well holds the key.

“I think I can... I think I can...” So hums the sound of the train of life. That famous line from Watty Piper’s The Little Engine that Could is one that keeps the train on its track. It is a hum of inner strength, a hum of life fueled by breath. Breathing strongly, positively, and regularly provides an effective way to decrease stress. Here are three important ways breathing can be used.

### **Breathe in Energy... Breathe Out Stress.**

Set aside 15-20 minutes each day to enjoy the breath of life. You and your child can lie down together. When you are both ready, begin the strong, steady, and meaningful breathing process. Start with some simple sentences like “I breathe in energy... I breathe out stress.” Encourage your child to breathe in deeply and breathe out fully. We normally use only about 35% of our lung capacity. By filling our lungs as much as possible, we help to bring needed oxygen to every cell in the body.

There are many versions of this chant.

- I breathe in oxygen... I breathe out carbon dioxide.
- I breathe in strength... I breathe out weakness.
- I breathe in opportunity... I breathe out blockages.
- I breathe in the positive... I breathe out the negative.

You can make up others on your own.

### **Meditation**

The negativity and stress around me will evaporate.

I see the energy field around my body and allow Light and good energy to fill it.

My state of being is uplifted, and the space around me turns positive.

I breathe in...

And as I let air out, stress and negative tension drift away.

Pressure dissolves, And energy from stress and the outside world is transformed in my sphere. I feel balance and peace.

The above meditation comes from [The 72 Names of God](#), a Kabbalah publication written by Yehuda Berg. Kabbalah is the Jewish mystical interpretation of the Torah, which is also known as the Five Books of Moses and the Bible. You can enjoy this meditation together, by yourselves, on a daily basis, or as needed.

### **Standing and Moving**

Breath provides the on-going prosperity of life. Sedentary positions limit the possibilities for natural breathing. Upright positions and movement increase them. Standing, walking and running all stimulate the breathing process. Activity and action invigorate. Passivity and sitting enervate. The practice of yoga is based on breath. All the positions provide the opportunity for breath to rejuvenate the life of the body. Be aware of the benefits of mobility and take advantage of every opportunity to keep your child actively engaged.

### **Holiday Time**

As you enter your home each day filled with holiday decorations and much good cheer; and as you see, feel, hear, taste, and smell your holiday atmosphere; remind your children about the outdoors and fresh air. Take some time whenever you can to go outside together. Tell them about the grass and trees and all of nature's gifts. Breathe in the crisp invigorating air and breathe out. Talk together about man's responsibility to preserve nature and all of our natural resources. Celebrate the breath of life.

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**Sally Goldberg, Ph.D.**, professor of education and parenting expert, is program developer/director of the *Center for Successful Children* in Scottsdale, AZ. Outreach parenting programs from the center are now available. If you know of an agency, organization, child care center or school that would like a workshop or series, please contact Dr. Sally at 480-596-3821 ext. 17103 or [sally.goldberg@jfcsarizona.com](mailto:sally.goldberg@jfcsarizona.com).

