

TBH BRAIN WORKOUT 2.0 RESOURCES



THEME 4 | LET'S GET IT OHM

BRAIN BUILDER 1 | JUST BREATHE RESOURCES

Worksheets and Exercises

TBH Just Breathe Guide Sheet. This guide includes 2 short breathing exercises you will lead for your entire group.

Research References

[Gard T et al. \(2014\). The potential effects of meditation on age-related cognitive decline: a systematic review. Ann N Y Acad Sci. 1307:89-103.](#)

[Geiger PJ et al. \(2015\). Mindfulness-based interventions for older adults: a review of the effects on physical and emotional well-being. Mindfulness 7\(2\):296-307.](#)

[Mrazek MD et al. \(2013\). Mindfulness training improves working memory capacity and GRE performance while reducing mind wandering. Psychol Sci. 24\(5\):776-81.](#)

[Moss AS et al. \(2012\). Effects of an 8-week meditation program on mood and anxiety in patients with memory loss. J Altern Complement Med. 18\(1\):48-53.](#)

[Chiesa A et al. \(2011\). Does mindfulness training improve cognitive abilities? A systematic review of neuropsychological findings. Clin Psychol Rev. 31\(3\):449-64.](#)

[Newberg AB et al. \(2010\). Meditation effects on cognitive function and cerebral blood flow in subjects with memory loss: a preliminary study. J Alzheimers Dis. 20\(2\):517-26.](#)

Additional Resources

[Kripalu.](#) Kripalu, a leading center for yoga, spirituality and wellness, offers an extensive section of resources on their website that would be useful to share in class.

[Heartmath.](#) Heartmath uses an app-based biofeedback program to train the breathe, lower anxiety and promote relaxation.





THEME 4 | LET'S GET IT OHM

BRAIN BUILDER 1 | JUST BREATHE

TBH Just Breathe Guide Sheet

DIRECTIONS: *When we are stressed out, we tend to hold our breath, or breath in a shallow manner. Deep breathing counters the “stress response” by changing our experience at the moment, helping us to feel more calm and focused. Use the following exercises to teach your class how to “just breathe.” Be sure to allow time at the end of each exercise for the class to note how they feel after participating.*

1. FOCUSED BREATHING. This simple breathing exercise draws awareness to the breath.

1. Find a comfortable place to sit, with your arms supported and your legs resting on the floor. Close your eyes.
2. Focus your attention on your breathing. Become aware of the rate and rhythm of your breath.
3. Begin inhaling slowly and deeply through your nostrils.
4. Focus on breathing into your chest and belly as if you are trying to fill a balloon.
5. Purse your lips and exhale slowly through them, controlling the rate and rhythm of your breath.
6. Continue to focus and concentrate on your breath for several minutes.
7. As you begin to feel a sense of calm and focus, continue to breathe deeply for at least 10 more breaths.

2. LION'S BREATH. This yoga-based breathing exercise releases tension and promotes calm.

1. Find a comfortable place to sit, with your arms supported and your legs resting on the floor. Close your eyes.
2. Inhale through your nose, and as you do so open your mouth wide and try to touch your chin with your tongue, open your eyes as big as you can.
3. As you exhale through your mouth, make a distinct sound coming from the back of your throat like a cat hissing. Hold the sound it for as long as you can.
4. Repeat the “Lion’s Breath” two or three times.