



Jelly Belly Breathing Exercise

Cover Jelly Belly Breathing with the client EVERY session. Initially you will explain it all then, as time goes by, ask the client various questions, (to help them remember) and, eventually, get them to tell you all they know about the exercise (to ensure that they fully understand stress, and how to regulate it).

An increase in stress => increase in adrenaline (which is a stress hormone) => person moving into one of the 4F's (Fight, Flight, Freeze & Fawn) => decrease in brain function (and, therefore ability to think reasonably and rationally).

Adrenaline and brain function work in reverse with each other.

We can reduce adrenaline and restore brain function by Jelly Belly Breathing AND standing in the neutral body stance.

NEUTRAL BODY STANCE:

- Stand with our feet shoulder width apart
- Put our weight on our heels (not our toes)
- Soft, open hands relaxed by our side
- Soft relaxed jaw, neck, and shoulders
- Hold our head up
- Central (vertical) line of gravity from our ears down through our shoulders, hips, and heels and beyond . . . deep down, beyond . . . nice and grounded.

JELLY BELLY BREATHING:

The focus is on the breath out – breathing out through the mouth, until you cannot get any more air out of your lungs.

- Close your eyes
- Breath out until you get 'the drop' – i.e., the drop of your shoulders
- Keep your knees, bottom, and shoulders, etc. soft as well.

Before doing the Jelly Belly breathing exercise, let the client know approximately how long it will take.

When doing the exercise remember that the aim is to become connected with your surroundings, not zone out into the never never.



Prior to starting the Jelly Belly breathing exercise, explain that the focus is on breathing out and ask client to take note of how they feel just before to and after the exercise. Hopefully, they will feel a real difference!

If someone is not comfortable closing their eyes, that is ok. Likewise, if someone finds it difficult to breath out, tell them not to stress about it – it will eventually come – just relax!

Everyone present at the session (i.e., carers, you, and your assistants, etc.) should be participating in the jelly belly breathing exercise.

After the Jelly Belly breathing exercise, when you ask carers, etc. to sit back down, encourage them to breath out while slowly sitting, to sit in an open relaxed position, and continue to breath in and out, fully, and slowly. This is how they are to sit from now on, for the rest of their life!!!