

Roller Coaster Breathing

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SUMMARY

Amy Brockhoff, a conscious discipline certified instructor, introduces a simple breathing technique called roller coaster breathing, designed to enhance impulse control and promote relaxation. This technique involves a structured breathing pattern that incorporates a brief pause, allowing for playful engagement before exhaling.

- *Roller coaster breathing consists of inhaling and then exhaling with a pause in between.*
- *The pause after inhalation helps practice impulse control.*
- *Taking three deep belly breaths activates the relaxation response in the brain.*
- *This technique is simple and can be easily integrated into daily routines.*
- *It promotes mindfulness and stress relief.*
- *The practice encourages a playful approach to breathing.*
- *Brockhoff emphasizes the importance of conscious breathing for overall well-being.*

hi my name is Amy brockhoff and I'm a conscious discipline certified instructor I'm excited to tell you today about one of my favorite simple breathing techniques it's called roller coaster breathing and it goes like this on our inhale we and on our exhale we now I love this little technique because after our inhale

we have an opportunity for a brief little pause this gives us an opportunity to practice impulse control and to be playful before we ride that roller coaster down the exciting Hill so we're going to take three deep belly breaths because we know taking three deep belly breaths helps to turn the stress response system off in the brain here we go ready inhale

and exhale inhale and exhale last time inhale and exhale thank you for joining me today for

roller coaster breathing I hope you have a wonderful rest of your day and I wish you well