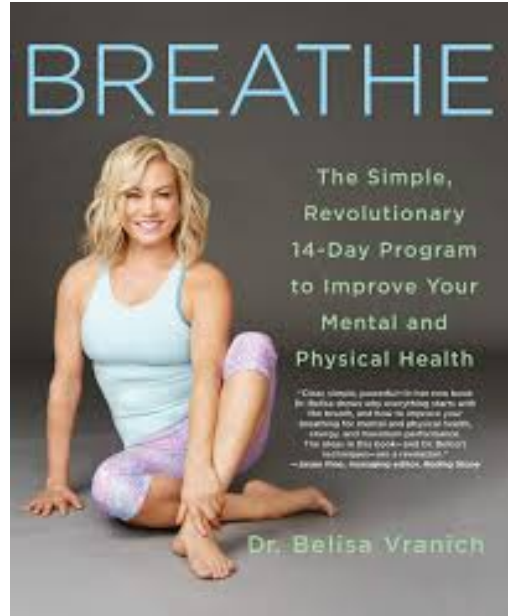




# How To Reduce Your Child's Anxiety

free video training



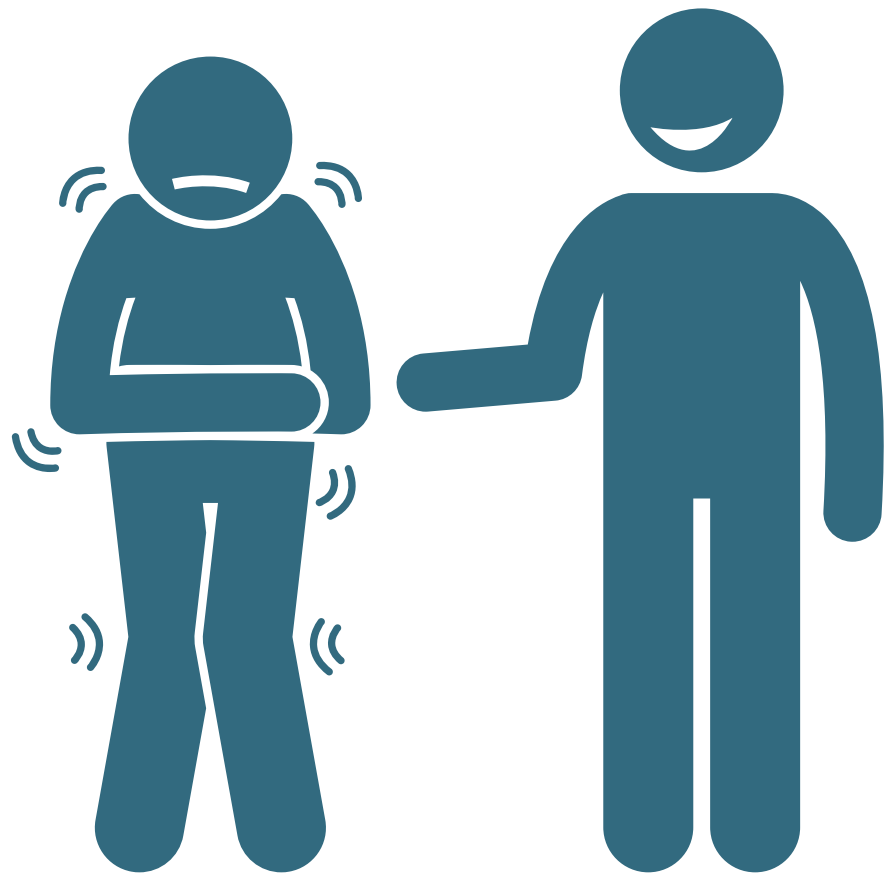


# What is a Breathing Coach?

- My job is to teach YOU how to help your kids learn how to breathe in a way that is healthy for their bodies.
- I studied under Dr. Belisa Vranich, who is a clinical psychologist and a leading expert in mental health and fitness. She is also the creator of The Breathing Class.
- In her book, "**BREATHE: The Simple, Revolutionary 14-Day Program to Improve Your Mental and Physical Health**," she lists all the clinical trials and studies tested by researchers.
- **They all agree: breathing can help with your child's anxiety.**



# What You'll Learn



**Break the Stress  
Cycle**

- How breathing affects your **emotional state** & nervous system
- How to help your kids **manage anxiety** through breathing correctly
- What the **Diaphragm** is and how to use it
- Learn how to build **breath awareness** with your kids
- How to breathe well and **prevent poor breathing habits**
- My mission is to inspire and empower students with tools to build focus, strength, and compassion towards self and others one breath at a time.



# The Facts.

**4.4 million children have been diagnosed with anxiety**

(source: CDC.gov)

Our breathing habits can be used to send messages to the nervous system to **quiet our minds, reduce stress**, and make us feel **safe and secure**.

- While many adults have practiced breathwork through activities such as yoga, it's important to teach our kids these same practices.
- If your kids can learn to control their breathing and learn how to breathe WELL, it can reduce their feelings of anxiety and boost their overall performance—in school and at home.



# The Facts.

- According to Dr. Belisa **90% - 95%** of Americans are using the **wrong muscles** when they breathe.
- When you breathe into your chest (vertically), your body feels like it is under attack (fight or flight). This puts you in an alert state all day long, which can lead to anxiety.
- Let's take a deep breath right now! Where do you feel it?
- Stress is an **ongoing cycle**. Your breath is the only physiological way to **interrupt** that cycle and effectively reduce stress.
- **So this means that HOW we breathe can affect the way we feel.**



# Causes of Anxiety



- Constant media exposure & digital distractions
- Social media
- Over-scheduling
- Competitive academic standards
- Changing family structures
- Poor diets
- Disconnected
- Not enough downtime

But there's **ONE** thing that can help with all of this...







# Are Your Kids Breathing Well?

Your breath is your **SUPERPOWER!**

You and your child's breathwork impacts your mood, thoughts, and body on a regular basis.

By teaching them how to breathe WELL, they can take these practices into adulthood so that they will be able to:

- Calm their bodies
- Manage stress
- Build healthy breathing habits
- Get through challenges
- Feel empowered



# Try This Exercise

**GASP!**





# What Did You Notice?

How did your body move when you gasped?

Try it again.

Open your mouth and inhale- **sharp and fast.**

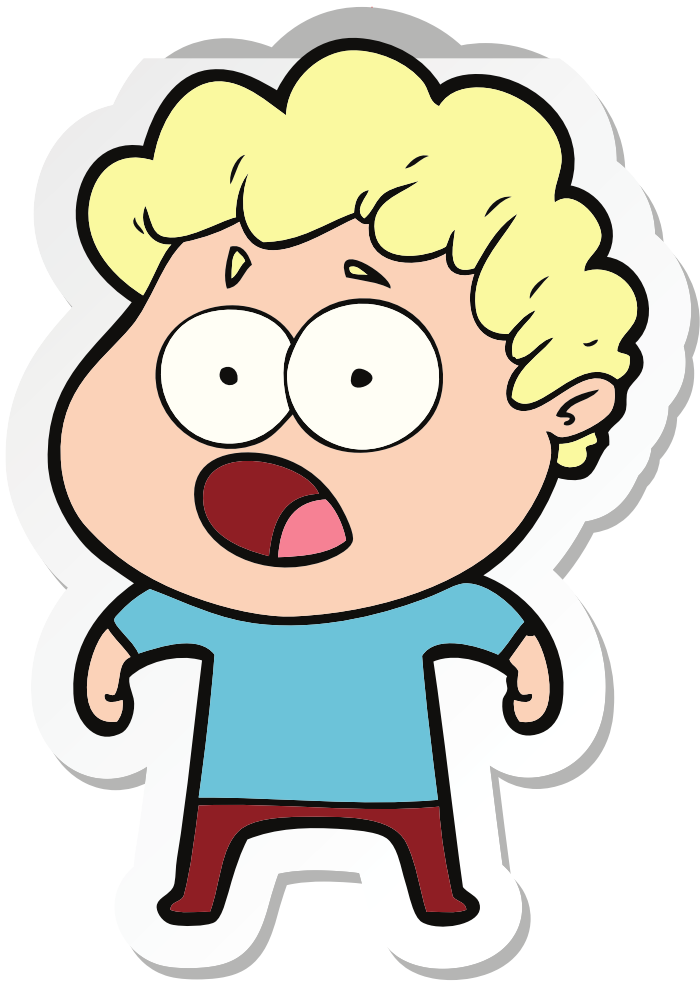
Which way does your belly move?

Where do your shoulders go?

Try it again.

Your belly **comes in and shoulders go up**, don't they?

This is a **stress response** and can become a  
dysfunctional breathing habit!



# Your Nervous System is Like a Car

There are two parts to the autonomic nervous system (ANS):

- **Sympathetic**- when your body is in a sympathetic state, it is in **high alert** (fight or flight) and is like flooring the gas pedal in the car: fast, out of control, losing focus on your surroundings, inefficiently sucking up energy, and burning gas quickly.

**Sympathetic = Gas**

- **Parasympathetic**- when your body is in this state, your body is cued to **rest, digest, and recover**. In the car analogy, this would be similar to pressing the brake to gain control of the vehicle, reduce speed, and eventually come to a stop giving the car a rest, saving energy, cool down, and recover.

**Parasympathetic = Brake**

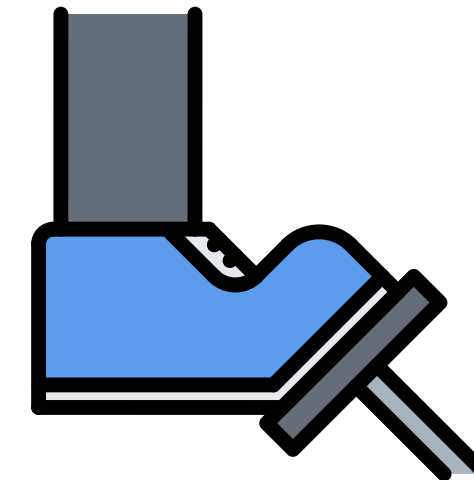


The driver in this analogy is the **breath**.



The breath can shift you from a state of high alert (gas) to calm (brake) in a matter of seconds.

**HIGH ALERT**  
(gas)



**CALM**  
(brake)

Just like learning how to drive, with a little practice and modeling by parents and caregivers, you can be in control of your emotions using the breath.

**You are in control!**



# Poor Breathing Habits

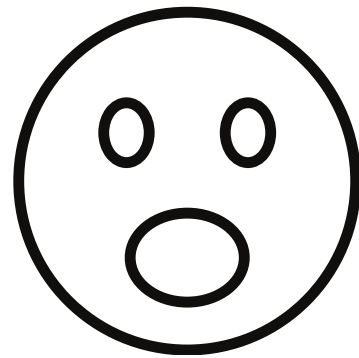
- As we grow older, we develop bad habits that **fuel the stress cycle**
- These habits can start as early as 5 years old; around the time that your child starts school
- Some of us hear "breathe-in" or breathe-out" and respond with a breathing style that locks up our main breathing muscle: **the diaphragm**

## Not Good!

- Without awareness, a child's breathing and anxiety will only get worse as they get older.
- We forget how to breathe properly so we can't manage our anxiety when it comes at us **full force.**



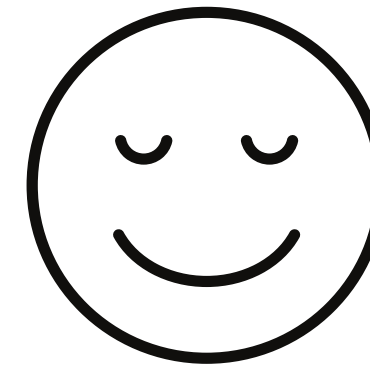
# Unhealthy Breathing



**What does it look like  
most of the time?**

- chest breathing
- mouth breathing
- fast, shallow breaths
- irregular breathing
- noisy
- increases stress

# Healthy Breathing



- diaphragmatic breathing
- nose breathing
- slow, relaxed breaths
- rhythmical breathing
- quiet
- decreases stress



# What You Do Now

- Think about the last time your child was anxious.

**You probably told them to slow down and breathe.**

- That's because you already **KNOW** that breathing can help balance your emotions and clear your mind.
- However, if you're not doing it the **right way**, those deep breaths could be doing your child more harm than good.





# We Used to Breathe Well

We are all born with a healthy breathing style, so it is just a matter of **re-learning** how to breathe the way our body is **designed to breathe**.



The belly  
expands  
on the  
inhale

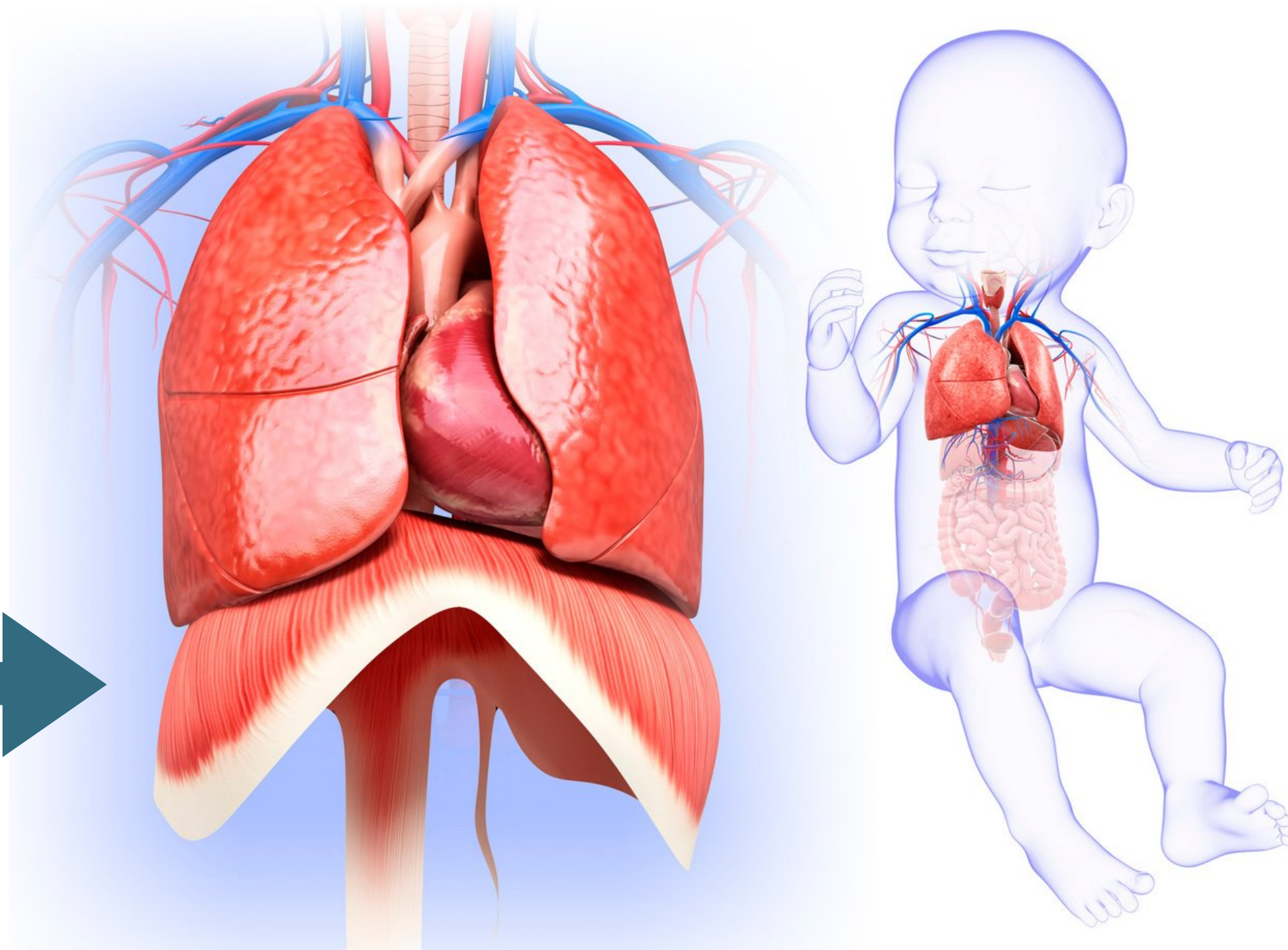
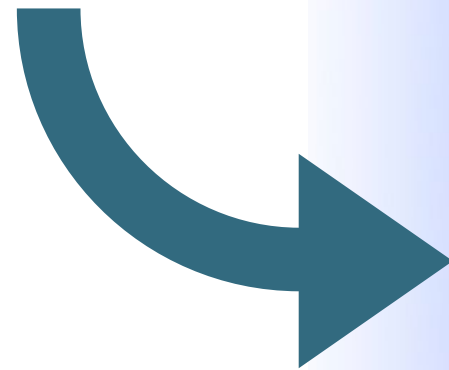
Slow,  
quiet, and  
rhythmic



# Meet the Diaphragm

In order to improve breathing habits, it is essential to understand the main breathing muscle.

The  
diaphragm is  
our largest  
breathing  
muscle



# How To Break Bad Habits

- Ongoing stress leads to anxiety and is a cycle that continues unless it is interrupted.
- Low and slow diaphragmatic “belly breathing” can be that interruption throughout the day.
- In time, this intentional practice becomes an automatic stress response equipping the mind/body with the tools to navigate challenges.
- **You need to break the stress cycle.**



# Routine and Practice

- Have you ever told your child this adage?

**“Practice makes perfect”**

- We say it because it's true.
- That's why you encourage your children to keep going to soccer practice, work on their time tables, and it's why you tell them to try again tomorrow.





# Tools For Breathing Well



- Just like anything else in life, you need to **practice** your breathing in order for your child to use it properly.
- The good news is, **we're not aiming for perfection** when it comes to your breathing.
- We're aiming for **routine and consistency**.
- I believe that all parents should have the **tools they need** to teach their kids how to breathe.
- That's why I have a free eBook on [Self-Care For Kids with Anxiety Guide](#), that's why I post breathing exercises tutorials on social media, and it's why I developed the [BE Buddy®](#)





# BE BUDDY®

DEVELOPING WELLNESS FROM THE INSIDE OUT

- The BE Buddy® is a multi-sensory breathing buddy & comforting eye pillow for children.
- It is an animal-themed, brightly colored weighted beanbag that works as a tangible tool to help kids learn breath awareness and relaxation to calm the nervous system.
- It is filled with flaxseed and lavender to add a calming scent and has looped arms and marabou "hair" to provide visual feedback while practicing belly breathing.
- The BE Buddy® encourages deep, focused breathing, groundedness, relaxation, and their adorable faces will quickly make them one of your child's favorite stuffed companions.







# BE BUDDY®

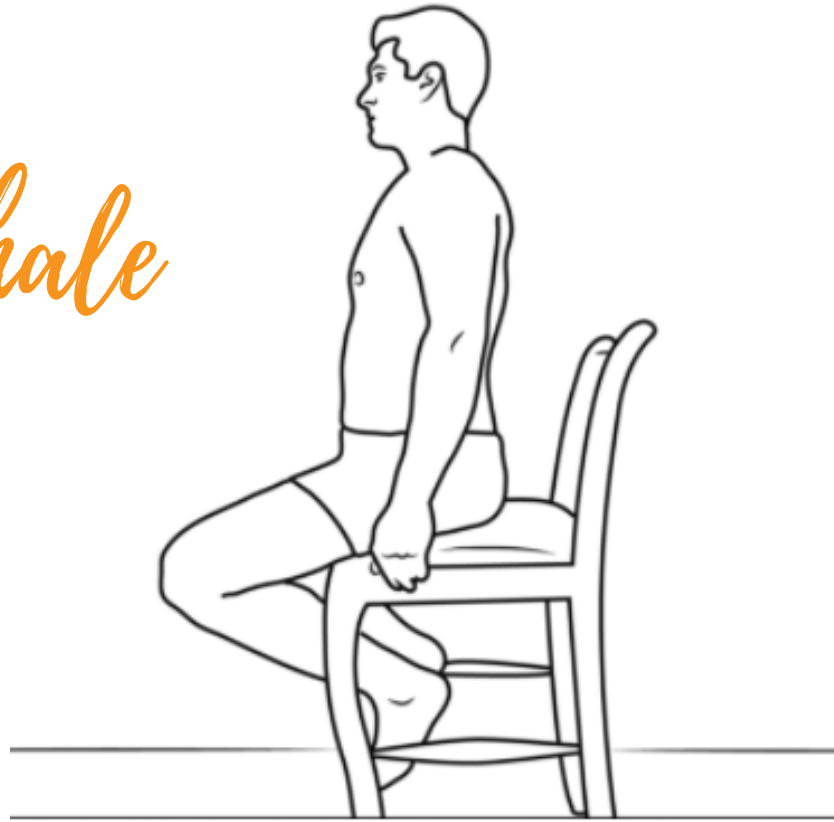
DEVELOPING WELLNESS FROM THE INSIDE OUT

- The BE Buddy® isn't the solution in itself, but how it is used as a **breathing tool**.
- Use it as a fun and engaging reminder to promote a daily breathing practice
- **5-10 minutes is all you need**
- The first step is **breath awareness**.
- Then, they'll learn how to **belly breathe** (low and slowly expanding the belly on the inhale and narrowing the belly on the exhale).
- Most people breathe wrong, and helping kids understand at a young age will prevent them from forming poor breathing habits that facilitate the stress cycle.



# Try This Breathing Exercise

*Inhale*

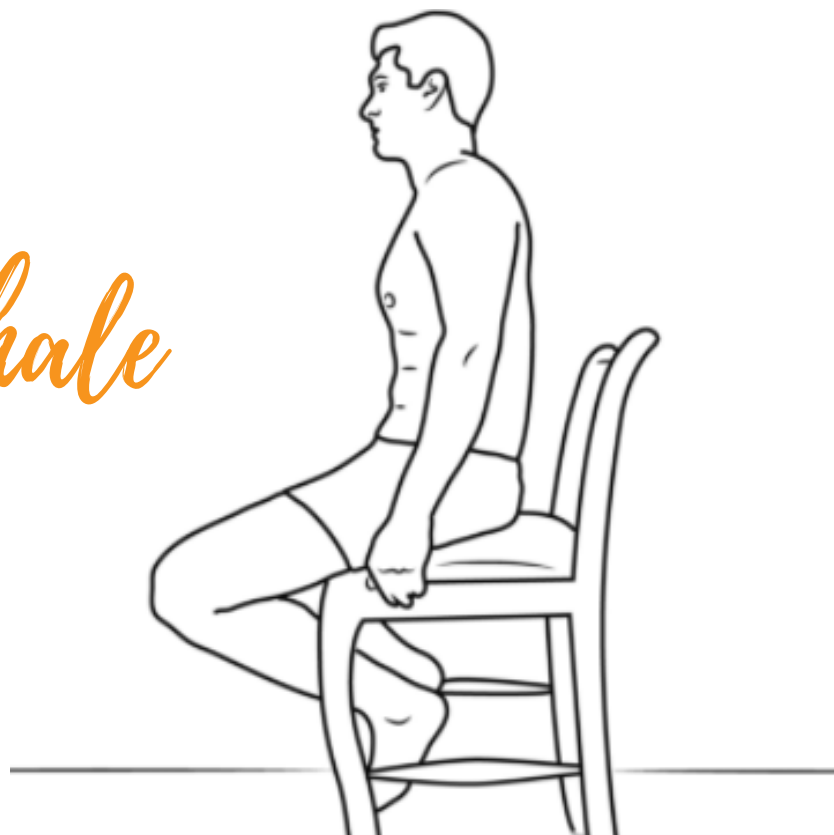


## *Seated Cat/Cow*

### Directions:

- Sit on a chair or cross-legged on the floor. If you're sitting on a chair, don't lean back against the chair.
- On the inhale, expand and relax your belly as you lean forward.
- On the exhale, lean back as if you were slumping on a couch: squeeze your belly toward your spine, narrowing your waist, and exhale until you're completely empty.
- Right now, do **20 repetitions** of this exercise.

*Exhale*



# Try This Breathing Exercise

## EXTENDED EXHALE BREATH

*long exhales to release excess energy*

- Stand or sit up tall & relax your neck & shoulders
- Exhale all the air out of your lungs as if deflating a balloon in your belly.
- Inhale through your nose (like smelling a flower), making a big balloon belly while counting to **3**.
- Exhale out through your mouth (like blowing bubbles) for **5** counts
- Try to **make your exhales longer than your inhales**
- Repeat this 3-5 times



# Extended Exhale Belly Breath

**The exhale is the secret sauce for breathing.**

We need to focus more on the exhale in order to break those  
stress cycles

This is a great beginner breathing practice for your kids!

## **Reflect:**

- How did your body feel after taking slow belly breaths?
- When might be a helpful time in your day to practice mindful breathing?





# Your Family BREATHE™ Coach



Teach your kids how to  
harness their very own superpower  
by booking a  
breathing coaching session with me!



## This is for you if:

- Your children have anxiety and you **don't know how to help**.
- You're a teacher with a few **zealous** students.
- Your kids have trouble **focusing**.
- Your kids have a lot of energy and you're **exhausted**.
- You're looking for a **simple and fun routine** for your kids.
- Your children want to improve their **athletic or musical performance**.

"You can't stop the waves, but you can learn how to surf."

~Jon Kabat-Zinn

My mission is to help kids learn how to surf the waves of life using a tool that is with them always. The **BREATH!**





# Let's Work Together!

Because you attended  
this webinar:

- The Breathing Class™ Online
- Health Measurement Form
- Breathing IQ (BIQ) & Training
- Individualized Exercise Plan & Instructions

## 25% OFF

The Online Breathing Class

**\*90 minutes for up to 4 participants**

**For the next 24 hours ONLY!**



# Help Your Kids Feel BETTER

As a certified BREATHE™ instructor, I will look at how you are breathing, and based on those results; I will **create a personalized exercise plan** to help you improve your breathing habits and, with practice, ease your symptoms.

We will look at the **mechanics and muscles** used in breathing and help you teach it to your kids.

In a nutshell, The Breathing Class offers a **functional measurement** of an individual's breathing style by looking at two things:

1. Location of Movement (LOM)
2. Range of Motion (ROM)

We will **get to the bottom of poor breathing habits** and get you on the right path to optimal breathing with individualized breathing exercises and tangible outcomes.



# Special Bonus Offer!

Because you attended  
this webinar:

FREE Shipping to USA!

**BE BUDDY®**

**Buy two,  
get \$10 off!**

**BE BUDDY® SHOP**



# Thank You for Watching!

*Ready to Breathe Well?*

Book your Breathing Class session with  
Stephanie at

[www.balancingelephants.com](http://www.balancingelephants.com)



# Coupon Codes

## *Bonus Offer #1*

**25% OFF** The Breathing Class™

The Online Breathing Class

Use Coupon Code: **Webinar25%**

## *Bonus Offer #2*

**\$10 OFF** BE Buddy®

Two or More BE Buddy®

Use Coupon Code: **Webinar10**

Questions or to book The Breathing Class session with Stephanie visit

[www.balancingelephants.com](http://www.balancingelephants.com)

