Tools to support well-being

Chris Randall, one of our associate coaches, is passionate about his work as a breath worker, life coach, yoga teacher, reflexologist, sleep recovery teacher and of course his work with us at Leadership Edge and Pure Coaching! There is a close link between all of these well-being techniques, and he shares some of his breath work in this month's Learning Bit!

www.breath360.co.uk
The ***breath*** is a free accessible tool to help alleviate stress anxiety and tension.
This website offers techniques to support you if you are feeling that you are 'just done' with the way your life has been functioning: It's time to organise your MIND – BODY – EMOTIONS and ENERGY!
Improve your energy, mood and mind, to restore energy and vitality. Live a life that you love.

Chris shares two of these strategies for us:
"Simple techniques include Coherent Breathing and Box Breathing: both techniques bring the body and mind back into a state of calm and relaxation."

Coherent Breathing
Find a comfortable seat on a chair or floor. Breathe in through the nose for a count of four and out for a count of four. This could be done for 1 minute anytime you start to feel discombobulated!

Box Breathing
Find a comfortable seat on a chair or floor. Breathe in through the nose for a count of four, hold for four, breathe out for a count of four, and finally hold for four. Repeat for 1 minute or longer, at any time you start to feel anxious, worried or fearful.

Jan note: I have known Chris for many years, and I can endorse these two very simple techniques - they work for me! When Chris leads live training sessions, he will start with these techniques. The difference in the room before and after needs to be witnessed to be believed!

A bit about Chris:
Chris found yoga after falling out of love with the gym - it just wasn't working for him. A neighbour suggested that he should try yoga and she took him along to a Sunday class. From that day on, he's developed his relationship with yoga both as a yogi and as a practitioner. In 2016 Chris travelled the world for a year and trained in Goa, India where he completed both a 200-hour Yoga Teacher Training course and a 50-hour course in 'Yin' yoga. His style of yoga is a combination of Ashtanga and Vinyasa Flow, with an emphasis on 'one breath, one movement', and the invitation to step out of the mind and into the body. Chris took his training further by qualifying as a yoga teacher for Children with Special Needs, Levels 1 and 2, and is qualified in Indian Head Massage for Children with Special Needs. He has recently trained in Yoga for Sleep Recovery and Insomnia.

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