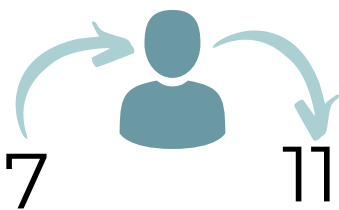


# THE POWER OF BREATHING

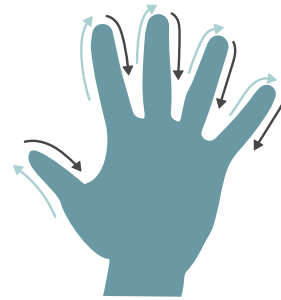
Using your breath to regulate your emotions can be extremely effective. Try some of the breathing exercises below.

## 7/11 BREATHING



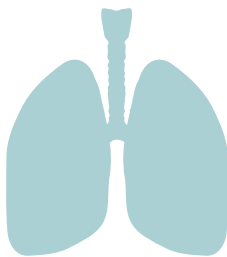
Inhale for a count of 7 and then exhale for a count of 11. The longer exhale will cause a parasympathetic response, which calms and relaxes the muscles in your body.

## FINGER BREATHING



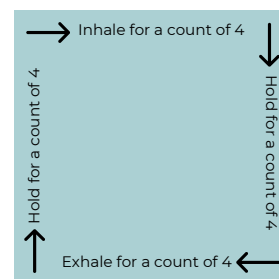
Trace around the thumb and fingers of your outstretched hand. From base of thumb to tip, inhale; from the tip of your thumb to the base on the other side, exhale. Repeat around the whole hand.

## BELLY BREATHING



The belly rises on the inhale and lowers on the exhale. This allows effective use of oxygen as it reaches the lower parts of the lungs. Place a hand on your belly and feel the movement.

## SQUARE BREATHING



Imagine moving around a square. Inhale from first corner to next for a count of 4; hold your breath to the bottom corner for 4; exhale to the next corner for 4; and hold breath for 4 to last corner. Now repeat.



THRIVING THROUGH  
MOTHERHOOD  
*coaching*

**OFFICE HOURS:**

09:00 - 16:00 Monday to Friday

**EMAIL:**

amylowrycoaching@gmail.com

**SOCIALS:**



If you would like to learn more about how I can support you, I would love to hear from you.

**I'm here for you and ready to listen.**

I offer 1:1 solution focused coaching that is tailored to suit your needs.

If you have found motherhood a life changing experience, hugely challenging and are in an emotional tug of war between who you were and who you want to be, I can help.

Whether you're starting from rock bottom or a place that just feels unmanageable to you or whether you're on maternity leave or have returned to work, I can help.

I will support you to build a vision for your future, by understanding your current mindset, reflect on where you are right now, gain clarity on where you want to be and identify where the gaps are. Thus creating a plan and focusing on actionable steps moving forward.

As someone who struggled with my own transition into motherhood, I hear you and I get you.

I passionately believe that the support women receive during this rite of passage can be life changing.

Working together through structured sessions, I will see your potential, your strength, your passion, heart and soul.

I am here to motivate you, celebrate you and keep you accountable so you can make the kind of changes that stick.

I am fully in your corner, offering a welcoming, confidential and non judgemental safe space, where you can feel supported, listened to, valued, encouraged and empowered through the process.

**WHAT ARE YOU WAITING FOR?**