

Diaphragm Anxiety Release

A tight diaphragm stops you from breathing rhythmically and creates an imbalance in the oxygen-carbon dioxide ratio needed for energy and health. A constricted diaphragm is also associated with anxiety and lack of energy. As a consequence of a tight diaphragm, you may feel disconnected from your lower body (the waist down) or from your upper body (the waist up), or you may have weight issues in your upper or lower body. Diaphragm tension always leads to a feeling of not being fully energized.

How to:

Slightly bend forward. Place your fingertips under your rib cage (and the back of your wrists on your upper thighs so you have leverage to press your fingers higher under your ribs as the diaphragm relaxes).

Take a deep breath and exhale making a strong loud Ha! sound as you squeeze in your belly. This Ha! pushes your fingers out from under your ribs.

After the Ha! relax and as you inhale press your fingers under your ribs (without causing pain) and massage the tight muscle under your ribs as deeply as you can.

Now inhale and once more let out a strong loud Ha! on the exhale. Again press your fingers under your ribs as high as you can- pressing, releasing and massaging. Repeat a few times or until you are complete. Stand up, relax and take a deep breath expanding your ribs fully. Exhale wit a slow gentle haaa.