



## JAMES OCHOA, LPC ADHD Pathfinder

### **Breathing Exercise for Resetting Focus and Concentration**

Breathing is one of the simplest things we can do for ourselves to reset our focus and concentration. Breathing is the only autonomic nervous system operation we can take control over, for a period of time, and it can have powerful effects to help us reset when we are disrupted with ADHD symptoms.

One specific breathing technique I recommend is developed from the work of Wim Hof. Wim focuses on breath work, cold therapy, and how we make and keep commitments. He has a [helpful app](#) to learn his breathing exercises and track your progress. I have developed a 5-breath pressure technique, a shortened version of his 30-breath cycle technique, that works great as a micro meditation.

1. Find a comfortable position to sit and be at ease.
2. Begin by slowly taking 5 deep breaths in and out through your nose. Focus on the sensation of taking the breath in deeply. A deep breath is one that fully engages the lungs, and you will feel your stomach push out a bit as you fill the diaphragm at the bottom of your lungs.
3. After you have taken the 5th breath in, slowly let out your breath, yet do not push all the air out of your lungs. Release just enough to let your chest and stomach deflate, leaving some air in your lungs. Wim would call this coming back to sea level, rather than being above sea level.
4. Now hold your breath in this "at sea level" position and rest at ease as you allow the need to take a breath to slowly rise in you.
5. Once you feel the need to absolutely take a breath, go ahead and take another full breath in and hold this full breath.
6. As you hold the full breath begin to tighten your abdomen and push upward slightly and you will feel pressure pushing up through your body. You will feel your face become redder as it fills with blood and the pressure reaches your head. When you feel the pressure reach the top of your head, let the air out completely and come back to resting at ease.
7. While resting at ease, allow yourself to observe what feelings or sensations in your body may feel different. Notice them and be conscious of any feelings of being renewed or resourced to feel calmer, more relaxed, etc.

At first, this practice may cause some dizziness or disorientation that should pass quickly upon finishing the exercise. If this feeling is uncomfortable or too intense, try taking your initial breaths slower, and/or do not push as hard while holding your full breath at the end.

Remember this is about resetting your focus, concentration and resourcing yourself. There is no way to do the technique wrong. The technique is about you taking a pause from any distress and resetting yourself. Over time you could increase the breaths to 10, 15, etc. up to the count of 30, as Wim Hof teaches in many of his videos.

Doing this exercise 3-5 times a day is a great way to insulate yourself from the Emotion Distress Syndrome (EDS) of ADHD. Happy Breathing!

You can also refer to my [short video](#) on Tik Tok.

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