



Dr. K's Guide to Mental Health

Practice | Triphasic Breathing | Notes

We usually don't utilize our full lung capacity when we breathe normally or even when we try to take deep breaths. Taking deep breathes isn't just about increasing the breath we take, but also about increasing the efficiency of breathing.

Triphasic breathing involves breathing with three different parts of our physiology: abdominal, ribcage or intercostal, and clavicular muscles. This meditative practice allows us to efficiently utilize our breathing, in a controlled way. It is very good for calming the mind, taking a full breath, and developing distance from our thoughts.

STEP 1: Inhalation Practice

- As you inhale, first focus on your abdomen to breathe
 - Push your navel out and let the belly expand as you inhale
 - During this phase, try to keep your ribs, chest, and shoulders as still as possible
- Then expand the rib cage as you inhale
 - Mentally focus on expanding your chest and ribs.
 - Keep the shoulders as still as possible.
- Continue inhaling and then expand the clavicles
 - Shrug your shoulders upwards and try to take a final amount of air
- Now exhale slowly and completely

Practice for about 9 breaths and gradually work your way up to a total of 20 minutes of this meditative practice.

STEP 2: Exhalation Practice

Once you've mastered the inhalation part, you're ready for the next step, which is triphasic exhalation where we additionally focus on these three physiologic areas in reverse as you exhale.

- Start with triphasic inhalation (inspire with the abdomen, then with ribcage, then with clavicles)
- Then relax the clavicle as you exhale
 - Hold the chest and abdomen as still as possible.
- Relax the rib cage as you continue to exhale
 - Keep your abdomen/belly out and focus purely on the ribcage.
- Relax the abdomen as you expire out the rest of your breath

Do 9 rounds of Triphasic breathing utilizing both inhalation and exhalation techniques.