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A fast effective way to help you stay calm and focused

# Step by step guide to *7/11 Breathing*





## Do you want to know the *first thing* that I teach my clients when I meet them?

As a Human Givens therapist I believe it is important to equip the people who come to see me with tools and strategies to help them find relief from their distress and to help them take back control over anxiety, emotional overwhelm and stress.

For those of us suffering from anxiety and wanting to gain back control we need to find ways to relax that are both reliable and which we can enjoy. Relaxing may be challenging for those with anxiety but it is of upmost importance as it allows us to return to calm and clear thinking.

### When we are able to relax:

- It can help to reduce the horrible, exhausting and often frightening feelings that can be part of anxiety.
- It can help return us to clear rational thinking and improve our ability to problem solve



## A step by step guide to *7/11 Breathing Technique:*

The strategy I teach to all my clients is known as the 7/11 method and I will share with you now a step by step guide to this incredibly fast and effective tool. For many people the easiest way to relax is to become aware of and concentrate on our own breathing so here is how it is done.

- Find a place to settle yourself comfortably and where you won't be disturbed
- You can sit or lie comfortably with either your hands side by side in your lap, or your arms by your side, and your legs uncrossed.
- You can now close your eyes.
- Concentrate now on becoming aware of your feet on the floor (if you are sitting up) and your legs and arms where they are resting and your head against the cushion, pillow or back of the chair.
- Remember to keep your shoulders down and take in a really deep breath- if it helps you can put your hand on your tummy to feel it inflating like a balloon as this can help you to know that you are doing it correctly.
- Then make each out- breath last longer than your in- breath. (This is the key as the out- breath stimulates the body's natural relaxation response.
- By altering your pattern in this way your body automatically begins to relax).
- Breathe in to the count of 7, then breathe out gently and more slowly to the count of 11. If you are unable to breathe out for 11 hold your breath for the remainder of time while you keep counting to 11.
- Alternatively you try breathing in to the count of 3 and out, more slowly to the count of 5.
- The most important thing is that you make the out-breath longer than the in-breath.
- Repeat this about 10 to 20 times knowing that you will relax more with each breath.
- Whilst you are breathing in this way concentrate on the counting-if your mind does wander off gently bring it back and feel the welcome sense of calm returning.
- Try to become aware of just how much less tense you feel just by relaxing your breathing and blocking out your over busy thoughts.
- Notice how much more in control you feel of overwhelm and how clear thinking and your capacity for problem solving is returning.



# When can I use the 7/11 Breathing Technique:

On your journey from fertility through pregnancy, birth and in the early days as parents we often feel overwhelmed. Perhaps we are awaiting the results of tests or scans, perhaps we are anxious about how the birth will unfold or we feel anxious about our new life as a parent.

Using and practising the 7/11 breathing technique to helps us find a way back to calm whatever the situation and bring them back to instant relaxation when they are going about their daily lives. You can use the 7/11 technique perhaps before a difficult conversation, to calm yourself if you feel yourself becoming angry or stressed, if you feel a panic attack is coming on or you need to make a decision and you are feeling wound up.

I hope you find this simple technique helpful and look forward to hearing how you have used the technique in your own life. After I have taught this technique to my clients I love hearing how they have incorporated it into their own life. Its wonderful to hear how much impact this can have on our sense of wellbeing by helping us regain control of our emotions and conquering stress and overwhelm.

Drop me a line at [info@marvellousmamas.co.uk](mailto:info@marvellousmamas.co.uk) and let me know how you get on ? I am always delighted to hear how creative people are and in how many different situations and scenarios the gift of 7/11 can truly make a difference.

Would you like to learn further techniques to support your mental wellbeing ? I would love to share further tips and strategies with you which you can begin to use quickly and effectively in your day to day life. Why not share these with your friends, colleagues, families and children and encourage them too to build up a toolbox full to the brim with tools and strategies you can reach for whenever you need.

Warmest wishes,  
Christina.



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I hope you enjoyed the benefits of this simple yet  
*highly effective way of encouraging relaxation*

If you want to meet with me to see if we're a good fit, or if you want to know more about the human givens approach to make sure it's the right route for you, you can book a 15-minute phone call or online consultation with me, and get your questions answered.

[BOOK A FREE 15MIN CALL](#)



Human Givens is accredited by the Professional Standards  
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