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Breath Control © 2022-07-31

Yellow Belt Question: Why is breath control the first step in an adrenaline challenge?

Yellow Belt Succinct Answer: It jumpstarts my brain.

Why This Skill Is Important:

- Adrenaline shuts down part of the brain. To use effective skills during a challenge, I must override that shut down to get my brain back on line.
- [Free Video 7, 7:51-8:50](#)
- [Muddling Along or Unity: Confessions of a Recovering Jerk, p. 41](#)

Explanations of the Yellow Belt Succinct Answer:

- After adrenaline dumps I can't start thinking until I control my breathing. Breathing is controlled by the Autonomic (a.k.a. subconscious or involuntary) Nervous System; however, it can also be controlled by the Somatic (a.k.a. conscious or voluntary) Nervous System. It is the main body function controllable by both systems; so, it serves as a communication link between the body and the brain when adrenaline dumps.
- [Free Video 7, 2:24-3:20](#)
- [Muddling Along or Unity: Confessions of a Recovering Jerk, pp. 41-43](#)

Illustrations of the Skill:

- Breathe in the nose and out the nose, or in the nose and out pursed lips.
- [Free Video 7, 7:51-8:50 \(Breath/Quote To Ease Anger Demonstration\)](#)
- [Muddling Along or Unity, p. 41 \(At The Edge of a Rappel\)](#)
- [Muddling Along or Unity, pp. 41-42 \(Pregnant Backpacking\)](#)
- [Muddling Along or Unity, pp. 39-40 & 42-44 \(Horse and Rider Metaphor\)](#)