

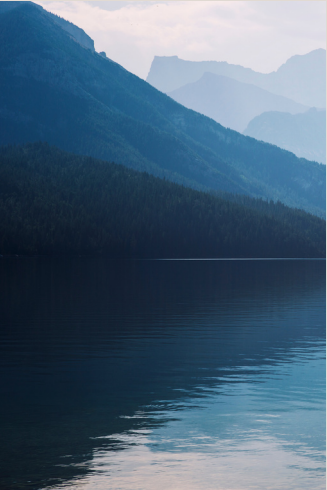
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POST CONSCIOUS  
CONNECTED  
BREATHWORK SELF-CARE  
AND INTEGRATION



BY ANNA NEVALA

# HOW YOU MAY FEEL AFTER THE SESSION



When practicing Breathwork, our bodies process old toxins, emotional blockages, and trauma while also welcoming new energy into our systems. Consequently, in the days following a session, you may observe changes in your physical, emotional, and/or spiritual state. You may notice some of the following, all of which are completely normal.



## TIREDNESS

Sometimes we feel physically tired, feeling a little similar to when you do a detox. This is especially common when you have had a big energy release during session.



## CALMNESS

Releasing old fight, flight, freeze energy can often leave you feeling very relaxed, which can feel unusual if we have been in a survival state. Enjoy the calm and practice functional breathing to support your nervous system.

# HOW YOU MAY FEEL AFTER THE SESSION



## SENSITIVITY

Breathwork often brings things that your body is ready to process, to the surface. It's possible to feel little sensitive or teary for a few days after breathwork. Please know this is completely normal and is just a continued way of the body processing and integrating. It is really important to take care of yourself: be gentle, create time alone or seek support if needed.



## NEW PERSPECTIVES

Breathwork often offers beautiful feelings of peace or different perspectives. Anxiety can be reduced and there can be an accompanying feeling of freedom from tension.



## RELIEF

We can often experience feeling a lot light in our mind, body and spirit. It may feel like having released a weight that we've been carrying.

# HOW YOU MAY FEEL AFTER THE SESSION



## NEW EMOTIONS

You may notice new and previously unknown thoughts, feelings and emotions rise to the surface. Practice observing them from a non-judgemental place. See if they bring new insights, helping you gain clarity or new perspectives.



## PAIN RELIEF

If you had physical pain, you may notice that it feels different or moves.



## NO NOTABLE SHIFTS

Sometimes the shifts happen under our conscious awareness, and we feel just like we did before. This doesn't mean that it wasn't "working". Subtle shifts can be equally powerful as big ones.

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# POST SESSION SELF CARE

## REST, HYDRATE AND NOURISH

Attending our physiological needs is essential for good integration.

- Have enough time to rest
- Hydrate yourself: drink plenty water and avoid drinking alcohol
- Enjoy nourishing food

## GROUND AND NURTURE

Do whatever feels grounding and nurturing for you: connect with nature, take a bath, journal, spend time alone or connect with a friend, engage in gentle breathwork or meditation...



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# POST SESSION SELF CARE



If your session was a group session, please refrain from talking about other people's processes with those who did not attend our session.

Our intention is to create beautiful, safe, private places in these group sessions where people feel comfortable to express and share.

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# WHAT DOES INTEGRATION MEAN?

LATIN: “*INTEGRARE*” : TO MAKE WHOLE

In the world of therapy, the word integration is often used, and references are made to the enormous importance of this concept.

Integration means the proper application of the insights and lessons derived from the therapeutic experiences into our daily lives. Essentially, putting the work to work.

It’s an opportunity to weave all the fragments of the self into our daily life – almost as if weaving a web or putting a piece in a puzzle.

Conscious connected breathwork or other therapeutic experiences can be understood as distinct nodes, each containing a large amount of information yet disconnected from each other and our daily reality. Integration is like building bridges, creating connections, and establishing patterns across these nodes allowing us to weave a richer web of knowledge than the sum of its isolated nodes. This is how we change patterns and pathways.

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# POST SESSION INTEGRATION

After conscious connected breathwork, many people wonder how they are to understand and interpret what they just experienced, how to accommodate that knowledge and how and where they can actualise it in their daily lives.

I've listed some tools that can be helpful in the context of Conscious Connected Breathwork or other modalities that explore altered state of consciousness.

Integration looks different for each of us. This list is intended to provide a broad view of various elements to consider when aiming to maximize the potential benefits of an experience in modified states of awareness. As always: take what you need and leave the rest. ♡



# INTEGRATION TOOLS



## TOOLS FOR COGNITIVE AND EMOTIONAL PROCESSING AND SENSE-MAKING

- Journalling
- Narrative account of the experience
- Working with art
- Working with stories and movies



## TOOLS FOR PROCESSING AND EXPRESSING EMOTIONS:

- Dancing
- Singing, creating or listening to music
- Meditation, yoga, gentle forms of breathwork, qi gong or somatics



## SOCIAL TOOLS

- Sharing circles, or sharing with a friend, therapist or facilitator

## SPIRITUAL INTEGRATION

- Being in contact with nature
- Creating an altar
- Rituals
- Following up on spiritual insights

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Integration is not a linear process and doesn't have a timeline. Rather it is a gift of layers unfolding when you are ready to meet them.

I love how James Hollis, Jungian analyst, puts it:

“The lifelong project of becoming more nearly the whole person we were meant to be – what [Nature/God] intended, not the parents, or the tribe, or, especially, the easily intimidated or inflated ego.”

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# STAY CONNECTED



- If you need support, particularly in the days after a breathwork session, I am available for you. Please message or call me directly 07379649769
  - If you would like to go deeper on specific issues, please reach out for a 1:1 session. You can also directly book via [www.breathethrough.co](http://www.breathethrough.co)
  - Tell all your friends and family about our practice if you feel it may support them
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