

# BENEFITS OF DEEP BREATHING



Deep breathing is a great way to lower stress in the body. When you breathe deeply, your brain is sent a message to calm down and relax. The brain then communicates this message to your body. Stress can cause increased heart rate, fast breathing, and high blood pressure, all of which can be decreased by deep breathing.

The way you breathe affects your whole body. Breathing exercises are a good way to relax, reduce tension, and relieve stress. Breathing exercises are easy to learn. You can do them whenever you want, and you don't need any special tools or equipment to do them. Try these breathing exercises and see what works for you!

## Belly breathing

Sit or lie flat in a comfortable position.

- ✓ Put one hand on your belly just below your ribs and the other hand on your chest.
- ✓ Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
- ✓ Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
- ✓ Do this breathing 3 to 10 times. Taking your time with each breath.

## 4-7-8 breathing

Try this exercise either sitting or lying down. Count silently.

- ✓ Put one hand on your belly and the other on your chest as in the belly breathing exercise.
- ✓ Take a deep, slow breath from your belly, and count to 4 as you breathe in.
- ✓ Hold your breath, and count from 1 to 7.
- ✓ Breathe out (completely emptying the lungs) as you count from 1 to 8.
- ✓ Repeat 3 to 7 times or until you feel calm.

## Morning breathing

Try this exercise when you first get up in the morning to relieve muscle stiffness and clear clogged breathing passages, or use throughout the day to relieve back tension.

- ✓ From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.
- ✓ As you inhale slowly and deeply, return to a standing position by rolling up slowly, lifting your head last.
- ✓ Hold your breath for just a few seconds in this standing position.
- ✓ Exhale slowly as you return to the original position, bending forward from the waist.

## ADDITIONAL RESOURCES:

### Headspace App

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace teaches skills of meditation and mindfulness in just a few minutes a day. Find it on the App Store or Google play.

### Triangle Breathing

[youtube.com/watch?v=u9Q8D6n-3qw](https://youtube.com/watch?v=u9Q8D6n-3qw)

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Wellness