Deep Breathing

The purpose of deep breathing is to relax the body and calm the mind and emotions.

Abdominal vs. Chest Breathing

Abdominal breathing starts in the nose and moves to the stomach as the diaphragm contracts, causing the belly to expand and the lungs to fill with air. Compared with chest breathing, abdominal breathing not only brings in more oxygen, but it’s also more efficient, because it pulls down on the lungs. The negative pressure in the chest cavity that is created with breathing in is enhanced, resulting in more air flowing into the lungs.

Tips to get started and to keep going

As much as you can, clear your mind of the things that are stressing you out. Focus instead on the sounds and rhythm of your breathing.

Do breathing exercises at least once or twice daily.

Practice when things are calm.

You can place your hand on your abdomen to ensure that you are deep breathing.
Box Breathing: https://www.youtube.com/watch?v=G25IR0c-Hj8

Figure Eight Breathing: https://www.youtube.com/watch?v=Gt5hXVD7cZs
4-7-8 Breathing: https://www.youtube.com/watch?v=j-1n3KJR1I8

Kids Breathing Techniques:
Candle and Flower breathing: https://www.youtube.com/watch?v=qTN_MtV5TFw
Crab Breathing: https://www.youtube.com/watch?v=XUwNAqGftGA

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