

Breathing Benefits & Exercises

Benefits of Breathing Exercises:

Increase Neurotransmitters: Dopamine, Serotonin and Endorphins

Lowers Blood Pressure/Heart Rate

Relieves Stress

Lowers Cortisol

Calms Trauma Response

Curbs Appetite and Cravings

Improves Concentration

Improves Sleep

Improves Immunity/Helps Clear Germs

Types of Breathing Exercises:

Belly Breathing: Place your hand on your belly and inhale and exhale deeply feeling your belly move. Also called diaphragm breathing.

Pursed Lip Breathing: Inhale through the nose, exhale through tightly closed lips.

Alternate Nostril Breathing: Close off one nostril and inhale deeply on the other side, hold the inhale, then exhale. Repeat on the other side.

Teddy Bear Breathing: Lay an object on the belly or diaphragm and with each inhale and exhale move the object with control.

Bumblebee Breathing: Inhale deeply then on exhale breathe out through vibrating and humming your lips together.

Equal Breathing: Make your inhale and exhale extend for the same counts. For example, breath in for 12 seconds then exhale for 12 seconds.

Laura's 5-10 Breathing: Inhale for a full breath during a five count, then exhale for a slow exhale for a ten count.

