

THE BREATHING HANDOUT

Benefits of Breathing Exercises

Increases 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, breathe in for 12 seconds then exhale for 12 seconds.

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

Handout courtesy of www.optim8healthandwellness.com