

Relaxation With Breathing

Stress, relaxation & breathing are all related. Normal breathing is 15 breaths per minute for adults (or 1 breath every 4 seconds)

When people are anxious...

- Breathing rate increases to over 30 breaths/min
- Breathing is quick & shallow, not enough CO₂ is removed
- Shallow breathing induces lethargy, headaches & anxiety

Deep Diaphragmatic breathing can induce relaxation by...

- Lowering your heart rate
- Reducing panic sensations
- Decreasing muscle tension
- Preventing anxiety symptoms (including headaches!)

Relaxing by breathing can eliminate the symptoms of stress however it doesn't remove the cause... however, it can give you time to think, change your reaction, or implement a better coping skill.

Tips for Diaphragmatic Breathing...

- Place your hands on your stomach, as you take a deep breath in, your hands should rise. This uses the lower part of your lungs.

Some exercises to Practice...

- Controlled breathing: Breath in for 3sec, hold for 3 sec, out for 3 sec hold for 3 sec
- Diaphragm specific: Place your hand on your stomach. concentrate on your hands rising & falling.
- Timed Breathing: Count the numbers of breaths you do in minute. Try to slowly decrease the number.