

## Breathing

Deep breathing is a popular relaxation technique that helps to control the symptoms of stress, anxiety, and anger. The skill is easy to learn, and provides near immediate relief from uncomfortable symptoms. As the name suggests, deep breathing works by taking slow, deep breaths, to trigger the body's relaxation response.

Though it may feel unnatural to breathe deeply, the practice comes with various benefits. Deep breaths are more efficient: they allow your body to exchange incoming oxygen with outgoing carbon dioxide. Deep breaths have also been shown to slow the heartbeat, lower or stabilise blood pressure and lower stress.

Here are some more benefits this type of breathing can have:

- It helps you relax, lowering the harmful effects of the stress hormone cortisol on your body.
- It lowers your heart rate
- It helps lower your blood pressure
- It helps you cope with the symptoms of post-traumatic stress disorder (PTSD).
- It improves your core muscle stability.
- It improves your body's ability to tolerate intense exercise.
- It lowers your chances of injuring or wearing out your muscles.
- It slows your rate of breathing so that it expends less energy.

The **Deep Breathing Techniques** worksheet includes an easy-to-follow set of instructions, along with a rationale for the exercise, tips, and common pitfalls to avoid.

### **Resources:**

*Deep Breathing Techniques*

### **What Is Diaphragmatic Breathing?**

<https://www.healthline.com/health/diaphragmatic-breathing>

### **8 Deep Breathing Exercises to Reduce Anxiety**

<https://www.verywellmind.com/abdominal-breathing-2584115>