



# Belly Breathing

## **We breathe far too much!**

We breathe around 23,000 times a day, which equals 8.4 million times a year and 672 million times in a lifetime if you live to be 80 years old.

That's far more than double what we need.

The optimal breathing rate is around 6 times per minute compared to the average of 16 times.

The faster you breathe, the harder your circulatory system has to work, and the faster your heart beats.

If you are attentive and practice 10 minutes of conscious breathing per day, you can extend your life by 7 years!

## **Belly breathing, also known as diaphragmatic breathing, is beneficial for several reasons.**

### **Stress Reduction:**

Belly breathing activates the body's relaxation response, which helps reduce stress and anxiety. When you breathe deeply into your belly, it stimulates the vagus nerve, triggering the relaxation response and lowering cortisol levels.

### **Improved Oxygenation:**

Deep breathing allows for more efficient exchange of oxygen and carbon dioxide in the lungs, leading to better oxygenation of the blood. This can increase energy levels, improve cognitive function, and enhance overall vitality.

### **Relaxation of Muscles:**

Belly breathing promotes relaxation of the muscles in the diaphragm, chest, and abdomen. It can help relieve tension in the body, reduce muscle stiffness, and alleviate symptoms of stress-related muscle tension, such as headaches and back pain.

### **Enhanced Digestion:**

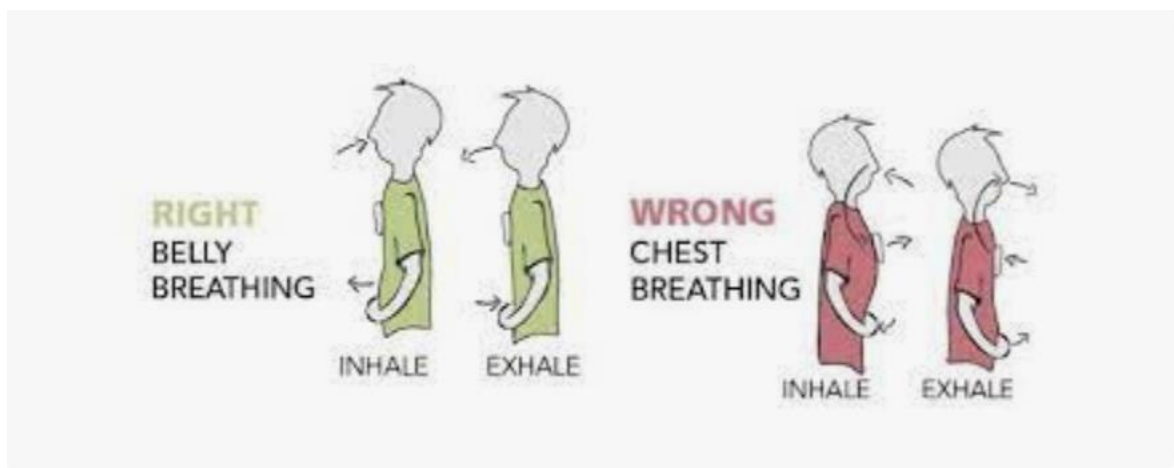
Deep breathing stimulates the parasympathetic nervous system, which supports optimal digestion and absorption of nutrients. It can help alleviate symptoms of digestive discomfort, such as bloating and indigestion, by promoting relaxation of the digestive muscles.



### **Emotional Regulation:**

Deep breathing can help regulate emotions by promoting a sense of calm and grounding. It can reduce feelings of anger, frustration, or overwhelm, and promote greater emotional balance and resilience.

Overall, incorporating belly breathing into your daily routine can have profound effects on both your physical and mental well-being, helping you feel more relaxed, energized, and centered.



### **Breathing through the nose rather than the mouth has several advantages!**

#### **Air Filtration:**

The nose is designed to filter the air, removing particles and impurities, as well as warming and humidifying the air before it reaches the lungs. This helps protect the airways from harmful substances and reduces the risk of infections.

#### **Regulation of Airflow:**

Breathing through the nose more effectively regulates airflow than breathing through the mouth. This can contribute to more stable breathing and prevent hyperventilation.

#### **Activation of the Parasympathetic Nervous System:**



Breathing through the nose activates the parasympathetic nervous system, which is responsible for promoting relaxation and calmness in the body. This can help reduce stress levels and promote a sense of well-being.

### **Improved Oxygen Uptake:**

The nose contains small blood vessels and mucous membranes that help increase oxygen uptake from the air. This can help improve oxygen levels in the blood and supply the body with more oxygen during physical activity or stressful situations.

Overall, breathing through the nose can help maintain a healthy and balanced respiratory function and promote overall well-being and health.

### **Our inhalations and exhalations affect our nervous system in different ways:**

#### **Inhalation:**

When we inhale, the sympathetic nervous system is activated, which is responsible for preparing the body for action and mobilizing resources in stressful or challenging situations. This results in increased heart rate, elevated blood pressure, and heightened mental alertness and focus.

#### **Exhalation:**

When we exhale, the parasympathetic nervous system is activated, which is responsible for promoting relaxation and restoration in the body. This results in decreased heart rate, lower blood pressure, and a sense of calm and relaxation.

Overall, the autonomic nervous system, which includes both the sympathetic and parasympathetic nervous systems, works to maintain balance and homeostasis in the body. Breathing plays a central role in this process by regulating the activity of the autonomic nervous system and adapting the body's response based on current needs and demands.



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*inhale*  
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*exhale*  
DOUBT