

BREATH FOR STRESS RELIEF



Breathing helps ingest oxygen to be transported all over the body through the bloodstream and it helps in the elimination of waste products.

Breathing correctly will also help purify the blood, create an uplift in energy and will relax your body and mind.

Good breathing habits are very important. The following technique can be done anywhere and at almost any time. This is a simple technique with huge benefits.

What is pursed lip breathing

Pursed lip breathing improves the lung mechanics and breathing all at once, meaning that you do not have to work as hard to breathe well.

Why should I use pursed lip breathing?

Pursed lip breathing can also lead to overall relaxation. By taking consistent, deep breaths, you can calm the central nervous system, which has a relaxing effect on your entire body. This can help reduce stress and anxiety.

Lets try...

Sit with good posture or lie down. Relax your shoulders as much as you can.

1. Inhale through your nose for 2 seconds, feeling the air move into your abdomen. Try to fill your abdomen with air instead of just your lungs
2. Purse your lips like you are going to whistle and then breathe out slowly, taking twice as long to exhale as you took to breathe in.
3. Then repeat. Over time, you can increase the Inhale and exhale counts from 2 seconds to 4 seconds, and so on.

TIP 1: As you breathe, let your abdomen expand outward, rather than raising your shoulders. This is a more relaxed, natural way to breathe and helps your lungs fill themselves more fully with fresh air.

TIP 2: Practice these when the adverts come on your television.

Emma x