

	<p>Breath training might seem simple, but it's one of the most profound and effective ways to improve both body and mind. Proper breathing techniques can reduce stress, increase focus and concentration, enhance athletic performance, improve sleep quality, and even boost the immune system. Plus, it's accessible to everyone, regardless of age or fitness level. Many of these techniques takes seconds to do.</p> <p><b>Disclaimer: Consult a healthcare professional and practice with caution. Stop if discomfort arises, as these are powerful techniques.</b></p>	<p><b>Changing Your Breathing is Healthy:</b> Research suggests that increased breathing variability is associated with better overall health and resilience to stress. It indicates a more adaptable and balanced autonomic nervous system, which regulates involuntary bodily functions like heart rate, blood pressure, and digestion. Additionally, breathing variability is linked to improved cognitive function and emotional regulation. Therefore, cultivating breathing variability through practices like deep breathing exercises, mindfulness, and relaxation techniques can contribute to enhanced well-being and stress management.</p>
<h2>What is Proper and Improper Breathing?</h2>	<p><b>Proper Breathing is</b></p> <ul style="list-style-type: none"> <li>Proper Breathing is from the abdomen (Diaphragmatic Breathing): rather than shallow breathing into your chest.</li> <li>Inhale through your nose: This filters and warms the air, making it easier for your lungs to process.</li> <li>Exhale almost fully: Empty your lungs to remove stale air and carbon dioxide.</li> <li>Maintain a relaxed posture: Sit or stand tall, allowing your lungs to fully expand.</li> <li>Practice mindfulness: Being aware of your breath can help you regulate it and reduce stress.</li> </ul> <p><b>Improper Breathing is</b></p> <ul style="list-style-type: none"> <li>Shallow chest breathing: Breathing primarily into the chest instead of the abdomen.</li> <li>Mouth breathing: Breathing through the mouth rather than the nose.</li> <li>Erratic breathing, such as breath-holding or rapid, shallow breaths.</li> <li>Tense posture: Holding tension in the neck, shoulders, or chest while breathing.</li> </ul>	<p><b>Videos:</b></p> <ul style="list-style-type: none"> <li><a href="#">Proper Breathing Video</a></li> <li><a href="#">Improper Breathing Video</a></li> <li><a href="#">Breath Assessment Video</a></li> <li><a href="#">Breath Training</a></li> </ul>
<h3>Technique</h3>	<h3>Description</h3>	<h3>Video</h3>
<h3>Breath Training</h3>	<p><b>Purpose:</b> Techniques that you can perform anytime that can change how you feel and perform.</p>	<p><b>Video:</b> <a href="#">Introduction Video</a></p>
<h3>Relaxation</h3>		
<h3>Slow Deep Breaths</h3>	<p><b>Purpose: Stress Reduction, Muscle Tension Release</b> Take slow, deep breaths anytime, even just a few, to alleviate stress. Utilize your entire respiratory system by inhaling deeply through your nose, starting from the bottom of your lungs, then exhale fully in a smooth, steady manner. Pause and repeat as needed. Avoid rapid, forceful breathing, as it may trigger the body's "fight or flight" response, counteracting relaxation efforts.</p>	<p><b>Video:</b> <a href="#">Slow Deep Breaths</a></p>
<h3>Slow Abdominal/ Diaphragmatic Breaths</h3>	<p><b>Purpose: Deep Relaxation</b> Get into a comfortable position and breathe in slowly through your nose, allowing your belly to expand fully up to your first rib. Hold briefly, then exhale slowly through your mouth, perhaps using pursed lips, feeling your belly deflate. Simply let it flow. Repeat for a deeply relaxing experience.</p>	<p><b>Video:</b> <a href="#">Slow Abdominal/ Diaphragmatic Breaths</a></p>
<h3>Stress Relief</h3>		
<h3>Intentional Sigh</h3>	<p><b>Purpose: Mild Relaxation, Attention Reset, Muscle Tension Relaxation</b> A natural sigh often signifies tension release. An intentional sigh, however, serves to reset the respiratory system and infuse the lungs with more oxygen. To execute an intentional sigh, inhale slowly and deeply through your nose, briefly hold, then exhale gradually through your mouth audibly, promoting relaxation and resetting your respiratory rhythm.</p>	<p><b>Video:</b> <a href="#">Intentional Sigh</a></p>
<h3>Physiological Sigh</h3>	<p><b>Purpose: Stress Relief, Relaxation</b> A physiological sigh is a deliberate, structured breath. To execute one, inhale slowly and deeply through your nose to maximum capacity. Pause briefly, then add another 10% to your inhalation, hold briefly, and exhale slowly through your mouth, potentially using pursed lips, to foster relaxation and reset your respiratory system.</p>	<p><b>Video:</b> <a href="#">Physiological Sigh</a></p>
<h3>Cyclical Physiological Sighing</h3>	<p><b>Purpose: Decreases Anxiety, Elevates Mood</b> Cyclical Physiological Sighing involves performing three or more deliberate, structured sighs. To engage in physiological sighing, inhale slowly and deeply through your nose, then add an additional 10% to your inhalation, pausing briefly before exhaling slowly through your mouth, potentially using pursed lips. After two or more of these deep sighs, you may already experience a sense of calmness. However, for maximum effectiveness, some recommend repeating these deep sighs for about five minutes. Caution: Start with a smaller number initially and gradually increase as comfortable.</p>	<p><b>Video:</b> <a href="#">Cyclical Sighing</a></p>
<h3>Focus and Attention</h3>		
<h3>Box Breathing</h3>	<p><b>Purpose: Focus, Attention, Concentration, Mild Relaxation</b> Box breathing is an stress-relief technique characterized by inhaling, holding, exhaling, and pausing for equal counts, typically four seconds each. This rhythmic pattern is known to calm the nervous system, improve focus, enhance attention, and foster mindfulness.</p>	<p><b>Video:</b> <a href="#">Box Breathing</a></p>
<h3>Kalapathi Breathing</h3>	<p><b>Purpose: Mental Clarity, Energy, Focus</b> Kapalabhati breathing, a yoga technique, entails short, forceful exhales succeeded by passive inhales. Its aim is to invigorate the body, enhance mental clarity, and optimize respiratory function. To practice, sit comfortably, exhale forcefully one or more times through your nose while contracting your abdomen, then allow natural inhalation. Repeat this rhythmic cycle for several rounds.</p>	<p><b>Video:</b> <a href="#">Kalapathi Breathing</a></p>
<h3>Calming/Soothing</h3>		
<h3>Humming Breathing</h3>	<p><b>Purpose: Cognitive enhancement, relaxation, calming the mind, and promoting overall mental and physical well-being.</b> How to: Exhale slowly while emitting a steady bee-like humming sound. This simple yet powerful technique is renowned for its ability to calm the mind and soothe the nervous system. Perform a few times in a row.</p>	<p><b>Video:</b> <a href="#">Humming Breathing</a></p>
<h3>Induce Sleep</h3>		
<h3>4-7-8 Breathing Method</h3>	<p>Breathing techniques for sleep are simple exercises designed to help you relax and drift off into a peaceful slumber. By focusing on your breath, you can calm your mind, release tension, and create the ideal conditions for a restful night's sleep. Among these techniques, the 4-7-8 breathing method is often considered one of the most effective for promoting relaxation and facilitating sleep. By inhaling deeply for 4 seconds or counts, holding for 7 seconds or counts, and exhaling slowly for 8 seconds or counts, this rhythmic pattern helps to soothe the nervous system, quiet the mind, and induce a state of tranquility conducive to falling asleep. Do for a few repetitions. Other effective breathing techniques for sleep include diaphragmatic breathing, progressive muscle relaxation with breathing, and guided visualization with breathing.</p>	<p><b>Video:</b> <a href="#">4-7-8 Breathing Method</a></p>
<h3>Exercise</h3>		
<h3>During Exercise Try Nasal Breathing: through the nose and out the mouth</h3>	<p>During exercise, focus on breathing in through your nose and out through your mouth, which applies to most activities, including higher intensity aerobic exercises. While extreme aerobic efforts may necessitate mouth breathing, the general rule is to inhale through the nose and exhale through the mouth. It's highly suggested to maintain a rhythmic breathing pattern synchronized with your movements and prioritize diaphragmatic breathing. To make nasal breathing easier press your tongue to roof of mouth as you are exhaling. Nasal breathing offers benefits like improved lung function and heart rate regulation. Avoid shallow breathing and breath-holding, as they can impair performance and safety. By tuning into your body and integrating these strategies, you can optimize your exercise experience, boost performance, and enhance overall well-being.</p>	<p><b>Video:</b> <a href="#">Exercise Breathing</a></p>
<h3>Develop Your Core with Deep Core Breathing</h3>	<p><b>Deep Core Breathing - Develop the Core with Breath</b></p> <ol style="list-style-type: none"> <li><b>Get comfortable:</b> Stand, sit, or lie down in a comfortable position.</li> <li><b>Focus on breath:</b> Inhale deeply through your nose, letting your abdomen expand (from your lower abdomen all the way up to first rib) and feeling your diaphragm move downward. Pause briefly.</li> <li><b>Engage core:</b> Exhale slowly through your mouth, gently contracting your abdominal muscles by pulling your belly toward your spine as much as you can safely.</li> <li><b>Activate pelvic floor:</b> Keep engaging your abdominals while also activating your pelvic floor muscles, as if stopping the flow of urine or gas. Then Relax and repeat.</li> <li><b>Maintain posture:</b> Throughout, maintain good posture, keeping your spine neutral and shoulders relaxed.</li> <li><b>Repeat:</b> Practice this deep breathing with core and pelvic floor engagement for several breaths, increasing duration over time.</li> <li><b>Regular practice:</b> Incorporate this into your daily routine, especially before activities requiring stability and strength.</li> </ol>	<p><b>Video:</b> <a href="#">Deep Core Breath</a></p>