DEEP BREATHING

When you’re stressed out you take quick and shallow breaths. This is actually called chest breathing.

Chest breathing results in poor gas exchange so you’ll end up inhaling less oxygen and exhaling less carbon dioxide.

When people are relaxed, they take longer and deeper breaths, known as abdominal or diaphragmatic breathing. This kind of breathing results in good gas exchange, meaning more inhalation of oxygen and more exhalation of carbon dioxide!

It’s like this...

When you BREATHE IN, your diaphragm contracts and pulls down causing your ribs to move up and out.

When you BREATHE OUT, your diaphragm relaxes and pulls up causing your ribs to move down and in.

DEEP BREATHING PRACTICE

- Inhale through your nose... count to 4
- Hold your breath... count to 3
- Exhale through your mouth... count to 4
- Repeat 3 – 5 times

Check out www.bewell-dowell.org for more info