

Abdominal Breathing



Abdominal breathing, also called diaphragmatic breathing, has many benefits:

- Increased blood flow increases oxygen supply to the brain
- Feeling calmer
- Better concentration
- Relaxed muscles
- Reduced anxiety and panic disorders

With incorrect breathing (breathing only into the upper chest), the lungs are not fully utilized. Therefore, not enough oxygen is being transported to the brain.

Often we do not even think or know that we are completely stressed out our body and mind is showing us a different side through symptoms such as

Physical & Emotional Signs

- Tight muscles
- Jaw clenching
- Insomnia
- Fatigue
- Headaches
- Pounding Heart
- Anxiety
- Moodiness
- Irritability
- Forgetfulness
- Fear of Failure
- Outbursts

Are you breathing correctly?

Hold one hand onto your chest and the other hand on your belly. Breathe a few times. Which hand is rising with each breath?

- If the hand on your belly is rising then you are an abdominal breather. Good!
- If the hand on your chest is moving, maybe the information below is of benefit to you.

To retrain your breathing, simply lie on your back. Place one hand on your chest and the other one on your abdomen between the navel and the ribs. Breathe in and out and allow your breath to flow all the way to the bottom lobes of your lungs so that the rib cage will stretch. Try not to move your chest. If that is difficult, you may want to try using a book (not too heavy please!) but a textbook or your latest novel will do.

Once you breathe through your abdomen, you can take the experience an extra step further:

- On each IN-Breath, visualize breathing in peace, harmony, and relaxation.
- On each OUT-Breath, visualize that you are breathing out everything that is no longer needed.



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