

NOVEMBER MENTAL HEALTH TIP

DEEP BREATHING

Shallow breathing = quantity of breath over quality of breath

Shallow breathing is when you only fill part of your lungs on the inhale and only part of the inhalation is exhaled. A short, incomplete inhale, followed by a short, incomplete exhale – and this cycle repeats with a brief or nonexistent pause in between.

Deep breathing = quality of breath over quantity of breath

Deep breathing requires you to inhale through your nose and completely fill your lungs with air, which causes you to contract your belly. As you exhale, all the air is released out of your lungs and your belly relaxes. Focusing your awareness on this process helps you to control and slow your breathing, and the deeper breaths send more oxygen to your brain and other body parts.

WHY BREATHE DEEPLY?

- More energy
- Improve focus / concentration
- Manage anxiety, depression, & stress
- Better sleep
- Lower heart rate and blood pressure

WHEN TO BREATHE DEEPLY

- Before a stressful situation
- During a stressful situation
- After a stressful situation
- When you want to relax
- When trying to fall asleep

BASIC DEEP BREATHING

1. Sit with a straight yet relaxed back.
2. Place one hand on your heart and the other just below your ribs.
3. Breathe in slowly through your nose so that your stomach moves out against your hand.
4. Breathe out through your mouth.

BOX BREATHING

