

Breathing techniques

We all know we need to breath to stay alive.

But how important is **how** we breath for physical and mental health?

Try these 6 breathing techniques.

Belly breathing

The Physiological Sigh

Box breathing

Alternative-nostril breathing

Extended-exhale breathing

Coherent breathing

The Physiological Sigh



A physiological sigh—two inhales followed by a long exhale—helps reopen tiny air sacs in the lungs and clear excess CO₂.

The long exhale also shifts your nervous system toward a calmer state, which can quickly reduce feelings of stress.

<https://www.youtube.com/watch?feature=oembed&v=kSZKlupBUuc>

The Physiological Sigh

When can it be used?

- **When you feel stressed or anxious** — it can help reduce acute feelings of tension and calm your breathing.
- **Before a presentation, exam, or difficult conversation** — useful for settling yourself when you notice your arousal rising.
- **After a sudden scare or stressful event** — it may help your breathing return toward a more regular rhythm.
- **When you're feeling mentally overwhelmed** — doing one or a few physiological sighs can be a quick way to regulate yourself without needing a long breathing exercise.
- **During moments of frustration or agitation** — for example, when stuck in traffic or dealing with a stressful task, it can help reduce physiological arousal.

Belly breathing



Breathe slowly so your abdomen expands more than your upper chest, then let it soften as you exhale.

This encourages slower, more efficient breathing and can reduce unnecessary muscle tension.

https://www.youtube.com/watch?v=t4aupp_YO9c

Box breathing



Inhale for 4 seconds, hold for 4, exhale for 4, then hold for 4 before repeating.

The steady rhythm focuses attention and can help settle the body's stress response.

<https://www.youtube.com/watch?feature=oembed&v=oq5pZ7dpUDc>

Alternative-nostril breathing



Gently alternate breathing through one nostril and then the other, keeping the breaths slow and comfortable.

The combination of controlled breathing and focused attention may promote relaxation.

<https://www.youtube.com/watch?v=MTTACuYBu3k>

Extended-exhale breathing



Breathe in gently for around 3 seconds and out for around 6 seconds.

A longer, comfortable exhale can increase parasympathetic (“rest and digest”) activity and help reduce physiological arousal.

<https://www.youtube.com/watch?v=GY7QJaHOnYA>

Coherent breathing



Coherent Breathing WHAT WHY HOW

WLIGHT
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Try inhaling for around 5 seconds
and exhaling for 5 seconds,
without holding your breath.

Slow, regular breathing can
support heart-rate variability and
coordination between breathing
and cardiovascular rhythms.

https://youtu.be/sXEfy0RSB9E?si=nfGEp_VNjs4U9WOi