

Useful **breathing** **techniques** to try



Scoopy Reviews

Here are some useful breathing techniques to try

Breathing techniques may reduce stress and anxiety, help a person get to sleep, or support treatment for lung conditions. Some techniques work to give immediate relief. Others may work best with practice over time.

List of different breathing techniques

Breathing is a complex process involving the lungs, diaphragm, and intercostal muscles.

For a person to breathe in, the diaphragm and external intercostal muscles contract, increasing the space in the chest, which allows the lungs to fill with air. To breathe out, the diaphragm relaxes, and the internal intercostal muscles contract, causing the lungs to deflate and let the air out.

Pursed lip breathing

People living with lung conditions may wish to consider trying pursed lip breathing.

Pursed lip breathing can form part of a pulmonary rehabilitation [Trusted Source](#) program. This umbrella term describes a range of treatments for people with lung conditions.

Breathing techniques may help people with asthma or chronic obstructive pulmonary disease (COPD). These conditions weaken the lungs and make it harder for a person to breathe out all of the stale air. With stale air taking up room in the lungs, the diaphragm cannot work properly.

Pursed lip breathing can help get the diaphragm working and increase the amount of oxygen entering the body. It keeps the airways open for longer than normal.

To perform pursed lip breathing, a person should:

- breathe in through the nose
- breathe out through the mouth with pursed lips
- make the breath out twice as long as the breath in

Diaphragmatic breathing

People may consider trying diaphragmatic breathing to relieve the symptoms of lung conditions, stress, or anxiety [Trusted Source](#).

Diaphragmatic breathing, which some people refer to as belly breathing, can also be part of a pulmonary rehabilitation program. It can help strengthen the lungs and make them work more efficiently. If the diaphragm is not working fully, the body will use other muscles for breathing, usually relying on those in the back, neck, or chest.

Mindful breathing

People may consider trying mindful breathing for anxiety, stress, sleep issues, or high blood pressure.

This technique requires a person to concentrate fully on the breath, using this focused attention as a form of meditation.

There are many different mindful breathing techniques. One simple one is to focus on the natural rhythm of breathing in and out, without trying to change it. Doing this may naturally slow down the breathing.

Deep breathing

People may consider trying deep breathing for anxiety or stress.

Breathing deeply can be an effective way to deal with a stressful situation. Taking a deep, full breath can slow the heartbeat and make a person feel calmer.

Box breathing

People may consider trying box breathing to relieve stress or boost concentration.

Box breathing, or square breathing, is a way to slow the breathing. It can help reduce stress, in addition to improving concentration and focus.

For the best results, people should sit upright in a comfortable chair. Sitting up straight makes it easier to breathe in and out fully. Resting the hands palm upward in the lap or on the knees can help the upper body stay relaxed.

Alternate nostril breathing

People may consider trying alternate nostril breathing for anxiety or stress.

Alternate nostril breathing is a common part of yoga practice. Most people use one nostril more than the other without realizing it. This exercise can even out the breathing and help a person slow down the breath to reduce stress.

Lion's breath

People may consider trying lion breathing for stress.

This exercise uses breathing along with face stretches to relieve stress and tension. Exhaling deeply can relax the muscles.

4-7-8 breathing

People may consider trying 4-7-8 breathing to aid sleep.

This exercise can help ease a busy mind before going to bed. Focusing on the breath and counting can distract from worries or stress as a person tries to fall asleep. This technique also helps breathing become more regular and can relax the body.

Before starting this exercise, people should rest the tip of the tongue against the roof of the mouth, try to relax the muscles, and breathe out fully through the mouth.

Summary

Breathing exercises can help with a range of medical conditions, particularly stress and anxiety. They are most effective as part of a daily routine.

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