



Breathwork

Helping People Help Themselves

Compiled by 2023 Green Team

Breathwork includes many techniques that include controlling breathing, particularly to advance one's mental, emotional, and physical well-being. These methods have complex historical roots that can be traced back to a variety of religious and cultural practices, including yoga (alternate nostril breathing), Tibetan Buddhism (vase breathing), psychedelic communities (conscious connected breathing), and practitioners in the fields of science and medicine (coherent/resonant frequency breathing) (Fincham, et al., 2023).

Reasons to Practice Breathwork

People have practiced breathwork to:

- Boost immunity
- Develop life skills
- Develop or increase self-awareness
- Enrich creativity
- Help with positive self-development
- Process emotions



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Breathwork is used to help to improve a wide range of issues including:

- Anger issues
- Chronic pain
- Depression
- Emotion regulation
- Grief
- Improve personal and professional relationships
- Increase confidence, self-image, and self-esteem
- Increase joy and happiness
- Overcome addictions
- Reduce stress and anxiety levels
- Release negative thoughts

(Cronkleton, 2023)



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Breathwork Techniques

Many forms of breathwork therapy involve breathing in a conscious and systematic way. Some people find breathwork helps with deep relaxation and/or leaves them feeling energized. Here are some breathwork techniques:

- **Diaphragmatic breathing** - A technique that helps you focus on your diaphragm, a muscle in your belly.
- **Pursed lip breathing** - Involves breathing slowly and intentionally with your lips pursed.
- **Box breathing** - Involves a cycle of slowly inhaling for four seconds, holding your breath for four seconds, exhaling for four seconds, and then holding your breath again for four seconds.
- **4-7-8 breathing** - When breathing in a 4-7-8 pattern, you follow a cycle of inhaling for four seconds, holding your breath for seven seconds, and exhaling for eight seconds.
- **Alternate nostril breathing** - Covering one nostril and alternating each inhale and exhale.

(Cronkleton, 2023)



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Breathwork Impact On You

Some physical health benefits of breathwork may include:

- Balanced blood pressure
- Better immune system
- More time in deep sleep
- Release of stress hormones from your body
- Stronger respiratory function

Emotional benefits may include:

- Better mental focus
- Better outlook on life
- Contentment and joy
- Decrease in addictive behaviours
- Fewer cycles of depression and anxiety

(Fincham, et. al., 2023).

References

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