The Mental Health Benefits of Deep Breathing

Deep breathing is one of the best ways to lower stress in our bodies. The practice of breathing deeply can help to manage anxiety and PTSD and offers many mental health benefits for us. When we take deep breaths, signals are sent to our brains, telling us to calm down and relax. These messages are translated throughout our bodies, reducing tension and relieving stress when we are anxious or feel overwhelmed. Breathing exercises are simple and easy to learn. Below are a few deep breathing methods that you can try out to help benefit your mental health and well-being:

Mindful Breathing

Become aware of your breathing by being mindful of how your body responds to stress and anxiety. This practice can help you recognize when you need to deliberately relax your breathing to relax and de-stress. First, get into a comfortable position either in a chair or lying down. Close your eyes. Focus on your breath, paying attention to the pace and depth of your breathing. Are you taking shallow breaths or inhaling deeply? Adjust your breathing to a steady pace and inhale deeply to center and relax.

Counted Breathing

It can be helpful to count our breathing as a form of meditation and healthy pacing. This practice encourages us to elongate and expand our breathing with measured exhales. To do this:

- Inhale, placing your tongue on the roof of your mouth. Breathe through your nose and count down slowly from five while inhaling. When you are ready to exhale, let the air escape through your mouth for a count of eight. Repeat this exercise several times to empty your lungs and relax into each breath.

Source: Mental Health Benefits of Deep Breathing | Diversus Health

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