

Do Mindful Breathing when Attention is Compromised

Do Controlled Breathing when need to control Arousal (exam, panic attack, drowsiness)

Compromised Attention Practice Mindful Breathing

In situations where an individual's attention faces challenges, methods that emphasize concentration and mindfulness, such as mindful breathing, can offer valuable benefits. Mindful breathing is a straightforward yet potent mindfulness meditation practice that directs one's focus toward the sensations of breathing, without attempting to manipulate it. This practice involves attentiveness to the natural rhythm, flow, and the tactile sensations of each inhalation and exhalation. It is distinct from belly breathing.

Mindful breathing is a very basic yet powerful mindfulness meditation practice. The idea is simply to focus your attention on your breathing—to its natural rhythm and flow and the way it feels on each inhale and exhale. It is not belly breathing.

Heightened or Lowered Arousal Practice Controlled Breathing

When heightened or lowered arousal levels are impeding attention, as observed in scenarios like drowsiness while driving, test anxiety with a racing heart, or during panic attacks, controlled breathing techniques can be employed to modulate bodily arousal. Controlled breathing involves a deliberate sequence: exhale completely through an open mouth, adopt a comfortable sitting position, inhale through the nose while filling the abdomen with air, and when unable to inhale further, open the mouth wide and exhale with a "HA" sound. Repeating this process several times can help restore optimal arousal levels.

Controlled Breathing: Let all of your breath out with a big, open mouth. Sit comfortably on the floor or in a chair. Breathe in through your nose. Fill your belly all the way up with air. When you can't breathe in any more, open your mouth as wide as you can. Breathe out with a "HA" sound. Repeat several times.

Both of these techniques have been shown to be effective in both the short and the long term. It is possible that by focusing on and regulating your breathing you can optimize your attention level and likewise, by focusing on your attention level, your breathing becomes more synchronized.