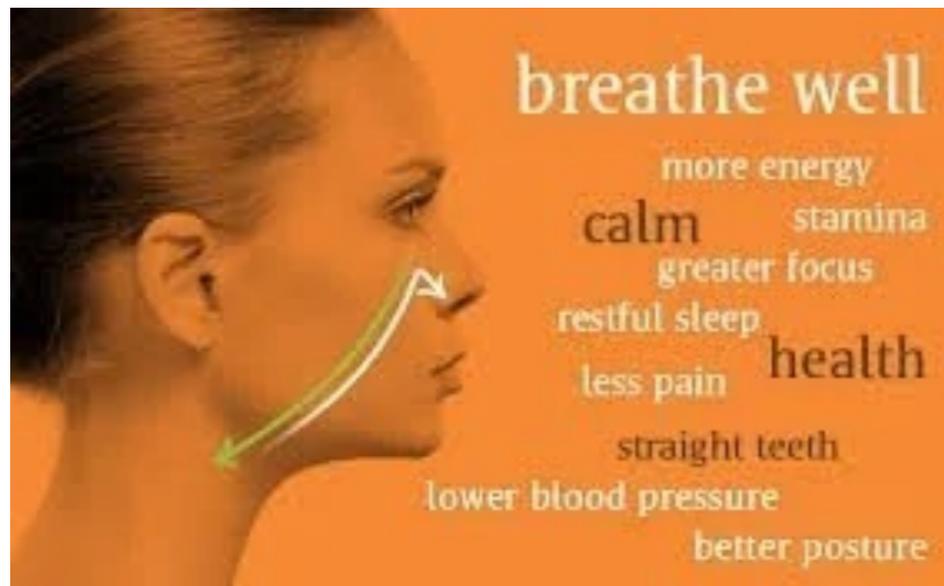


# Do Understand How Breathing is Important to Your Emotional State



**Summary:** Proper Breathing impacts our Health in so many Ways. Unfortunately some breathing experts suggest that close to 80% of us breathe wrong with poor technique and that can have a detrimental effect to our overall health. The way you breathe can impact your emotions and your whole body, helping to regulate important functions such as heart rate and blood pressure. It can also reinforce proper body mechanics that put less stress on your body as you move. Changing how we breathe can change how we feel. Simply put your heart rate increases when you breathe in and slows down when you breathe out. Therefore extending your expiration can help slow your heart rate and calm you down. Deeply increasing your inhale can speed your heart rate up and get you excited to face a the situation. **Read on for details.**

# Breathing

We can live more than 50 days without food and about 7 days without water, but, without oxygen we cannot survive more than about 5 minutes.

In many cultures, breath  
(*qi, chi, prana*)

is considered the vital link to energy, awareness, composure, and ultimately to transcendence.

**"Take a deep breath" is the part of every anxiety-reducing advice list ever written.**

The way you breathe can impact your **emotions and your whole body**, helping to **regulate important functions such as heart rate and blood pressure**. It can also reinforce proper **body mechanics** that put less stress on your body as you move.

# Breathing Manages Emotions & Stress Levels

There is so much going on in the world in combination with just living and working has exacerbated the anxiety that many of us feel every day, and studies show that this stress is interfering with our ability to do our best work. But with the right breathing exercises, you can learn to handle your stress, manage negative emotions, and perform at your best.

## Breathing Matters

Research shows that different **emotions** are associated with different forms of breathing, and so changing how we breathe can change how we feel.

**Joy:** when you feel joy, your breathing will be **regular, deep and slow**.

**Anxious and Anger:** If you feel anxious or angry, your breathing will be **irregular, short, fast, and shallow**. When you follow breathing patterns associated with different emotions, you'll actually begin to feel those corresponding emotions.