



## Different breathing techniques

[www.medicalnewstoday.com](http://www.medicalnewstoday.com)

### ***Diaphragmatic breathing***

Diaphragmatic breathing, also known as belly breathing. 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. To perform diaphragmatic breathing, a person should:

- place the hands lightly on the belly
- breathe in through the nose until the belly rises breathe out
- through the mouth for twice as long

### ***Mindful breathing***

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

To perform mindful breathing, a person should:

- find a quiet place without distractions
- choose a comfortable position, ideally sitting or lying down
- focus on breathing by feeling and listening to the body inhale and exhale
- allow thoughts to pass through the mind without judgment

### ***Deep breathing***

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

To perform deep breathing, a person should:

- sit somewhere comfortable and consciously relax the shoulders
- inhale slowly, filling the lungs
- exhale slowly, emptying the lungs completely (it may help to count to 4 for each breath)

### ***4-7-8 breathing***

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 relax the body.

4-7-8 breathing technique:

- breathe in through the nose for a count of four
- hold the breath for a count of seven
- part the lips and exhale loudly for a count of eight