



THE SCIENTIFIC BENEFITS OF BREATHING

For Greater Health & Happiness



Breathing is the single most important act that we do every day.



We cannot go even 3 minutes without breathing.



However, we do not pay much attention to breathing since it happens automatically.



There is a lot more to the breath than we know. In particular, it is a powerful way to control the mind.



We intuitively know this: it is why we commonly use expressions like "take a deep breath" when people are anxious or angry is common.



Scientific research is showing that breathing may just be the secret to better health and a more peaceful and productive mind.

HOW THE BREATH HELPS YOU CONTROL YOUR MIND



Neither in school, at work or at home have we been taught how to deal with strong emotions like anger, anxiety or fear.



We can try to "talk ourselves" out of these states but think about how successful you are at talking yourself out of a state of rage or nervousness. It's hard!



Research shows that the breath, however, can help! Since it is so difficult "talk" our way out of our feelings, we can learn to "breathe" our way through them.



One study showed that different emotions are linked to different patterns of breath and that, conversely, changing the breath can change our emotions! In other words, breath is a secret to regulating and gaining control over our emotions! We can change how we feel using our breath.

RESEARCH SHOWS THAT BREATHING PRACTICES ARE POWERFUL



Decrease anxiety and depression



Increase happiness and optimism



Improve sleep



Strengthen our ability to regulate emotions



Improve trauma symptoms



Reduce impulsivity, cravings & addictions.

Why? The breath is linked to our autonomic nervous system. Daily breathing practices activate the parasympathetic nervous system, which is associated with resting and digesting i.e. a more peaceful mind and body.

Research shows that breathing practices also benefit the body:



Decrease stress & regulate our body's level of cortisol: the stress hormone.



Strengthen our immunity by altering genes responsible for stronger immunity.



Reduce pain and activation of pain centers in the brain.

TRY THIS SIMPLE BREATHING PRACTICE AT HOME

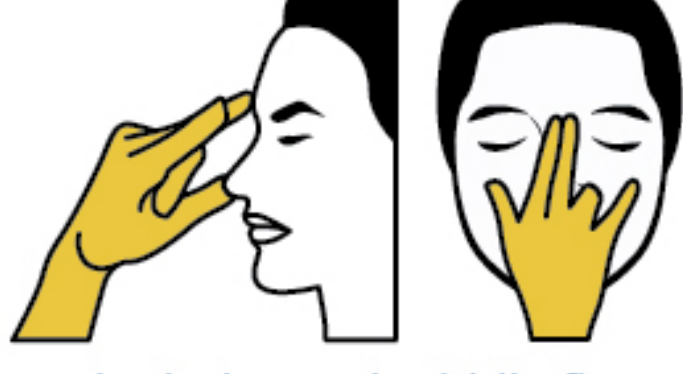
Alternate Nostril Pranayama:
a gentle breathing exercise to calm and focus the mind.

1



Relax your left hand on your lap, palm facing the ceiling

2



Place the index and middle finger of the right hand on the center of the eyebrow.

3



Place the thumb of your right hand on the right nostril, and your ring and pinky finger on the left nostril.

4



Take a deep breath in, close your right nostril with your thumb, and breathe out using the left nostril.

5



Take a deep breath with the left nostril, and then close it with your ring finger. After that, exhale it with your right finger.

6



After every inhale, switch sides. Breathe slowly and deeply.

7



Repeat the steps for 5 minutes, and notice the effect on your mind and body

8



Can be done anytime, anywhere for a quick pick-me-up or recharge session!

SOME PLACES YOU CAN LEARN TO BREATHE BETTER

General Population:
<http://www.artofliving.org>
www.lahv.org

For Teens & Schools:
<http://www.youthempowermentseminar.org>

For Vets:
<http://www.projectwelcomehometroops.org>

In Prisons:
<http://www.prisonersmart.org>

Emma Seppala, Ph.D.

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