

the power of breath

why deep breathing works and how to do it



Sympathetic Nervous System

When activated our heart rate increases and activates the fight or flight system

Parasympathetic Nervous System

Reduces heart rate to slow and calm the body



4-7-8

- Inhale through nose 4 counts
- Hold for 7 counts
- Exhale with whooshing sound for 8 counts
- Repeat 4x



Benefits

- Reduced anxiety and stress
- Reduces hypertension
- Improves stress management
- Positive effect on heart rate variability

Gratitude

- Improves physical and psychological health
- Enhances empathy
- Reduces aggression
- Increases mental strength
- Improves self-esteem



Thank You!