



Breathing Techniques to Calm the Sympathetic Nervous System: Diaphragmatic Breathing

My favorite technique to teach my clients to cultivate peace and total relaxation is deep, diaphragmatic breathing. To those who may be unfamiliar, in simpler terms it's abdominal breathing. It's a very common practice amongst yoga enthusiasts and can quickly calm the body once initiated. Diaphragmatic breathing begins with slow deep breaths using your nostrils only.

The goal is to breathe into your abdomen rather than into your chest as you would with mouth breathing. Place your hand onto your stomach; you should feel your stomach rising and falling with each breath.

Some of the benefits of deep breathing exercises include a lower resting heart rate, lower blood pressure, relaxation, relieves muscle tension, and helps to clear the subconscious. When you're completing this exercise, do it with your eyes closed while visualizing a serene scene that brings about peaceful feelings.