**Breathing Techniques**

Breathwork produces greater improvement in mood and reduction in respiratory rate, while both result in reduction in negative emotion including anxiety.

**Hint**

**Students who have test anxiety, lack focus, concentration issues, can stay calm and focused during class by practicing breathing exercises.**

**Nursing Students**

**What is the impact of a structured breathing exercise program on the survival rate of critically burned patients compared to those receiving standard care without breathing exercises, when controlling other factors like burn severity and age?**

**This could be a good thesis question if you pursue a master’s in education or a master’s in nursing.**

A commonly recommended breathing technique for PTSD is diaphragmatic breathing, which involves inhaling slowly through the nose, allowing your stomach to expand with each breath, and exhaling slowly through the mouth, focusing on feeling your stomach contract; this practice can help manage anxiety and stress associated with PTSD symptoms.

Key points about diaphragmatic breathing for PTSD:

Focus on the belly:

Place one hand on your chest and the other on your stomach, ensuring you feel your stomach rise with each inhale and fall with each exhale.

Slow and controlled:

Breathe slowly through your nose and exhale slowly through your mouth, avoiding rapid or shallow breaths.

Mindful practice:

Pay attention to your breath and any sensations in your body while breathing.

Other breathing techniques that may be beneficial for PTSD include:

Box breathing: Inhale for a set count, hold for the same count, exhale for the same count, and hold again for the same count, creating a "box" pattern.

Alternate nostril breathing (Nadi Shodhana): Alternate between inhaling through one nostril and exhaling through the other, which can promote relaxation.

Pursed lip breathing: Exhale slowly through pursed lips, which can help slow down the breath.

Important considerations:

Practice regularly: Consistent practice is key to reaping the benefits of breathing exercises.

Nadi Shodhan Pranayama – Yogic Breathing Technique

https://www.google.com/search?q=Nadi+Shodhan+Pranayama+Yoga+Breathing+Techniqye&oq=Nadi+Shodhan+Pranayama+Yoga+Breathing+Techniqye&gs\_lcrp=EgZjaHJvbWUyBggAEEUYOTIJCAEQIRgKGKABMgkIAhAhGAoYoAEyBwgDECEYjwIyBwgEECEYjwLSAQk4NTUwOGowajmoAgCwAgA&sourceid=chrome&ie=UTF-8

**The Navy SEALs use a breathing technique called box breathing, or tactical breathing, to help them stay calm and focused on stressful situations.**

How to do box breathing

Inhale slowly through your nose for a count of four.

Hold your breath for a count of four.

Exhale slowly through your mouth for a count of four.

Hold your breath again for a count of four.

Repeat the cycle.

Benefits of box breathing

It can help you feel calmer and more relaxed.

It can help you focus and be more aware.

It can help you train your breath for optimal health and performance.

Why do Navy SEALs use box breathing?

Box breathing can help Navy SEALs **stay calm and focused during combat and battle.**

Box breathing can help Navy SEALs train their breath for optimal health and performance.