

BREATHING FOR RELAXATION

Breathing is not only from a physiological point of view a constant and central part of our life. As a constant companion, we can use it to activate our sympathetic and parasympathetic nervous systems and thus support performance, body tension and regeneration.

However breathing is not just breathing. Depending on the musculature used (diaphragm or respiratory muscles), depth and intensity, conscious breathing can have very different effects. Try the following exercises for five minutes each day and develop a beneficial routine.



COUNTING BREATHS

e.g. with problems falling asleep and inner restlessness

- ✓ Put your hands on your stomach and close your eyes
- ✓ Direct the breath consciously into the abdomen, so that the hands lift and lower themselves
- ✓ Now count down the breaths internally from 10: inhale - exhale - 10, inhale - exhale - 9...
- ✓ Try to successively exhale longer than inhaling
- ✓ After the tenth breath, what exactly is trying to be said

Through deeper breathing, the nervous system activates the resting reflex. The heart rate and blood pressure are reduced. At the same time, concentration on breathing breaks the negative thought spiral.

=> winding down & calming



ALTERNATE NOTSRIL BREATHING

- ✓ Close the right nostril with index and middle finger
- ✓ Inhale slowly through the left nostril
- ✓ Then close the left nostril with your fingers and exhale through the right nostril as slowly and silently as possible
- ✓ Inhale slowly through the right nostril
- ✓ Perform this alternate breathing at least 5 times per side

This alternating breathing has a regulating and harmonizing effect on different body systems.