



Mental Health: Breathing Techniques

Breathing patterns directly influence stress physiology. Slow, controlled breathing reduces cortisol and blood pressure. It is a rapid, accessible stress tool. Practice builds resilience.

Deep diaphragmatic breathing activates the vagus nerve and parasympathetic system. This lowers heart rate, BP, and anxiety.

Lab trends may show improved glucose and BP with consistent practice.

Short sessions practiced daily produce cumulative benefit.

01 Is This Your Story?

A patient experiences anxiety spikes during work. When breathing techniques are used proactively, stress response decreases. Over time, BP and sleep improve alongside emotional regulation.

02 Try This Today

Measure: Notice breathing patterns during stress.

Do: Practice 4–6 slow breaths right now.

Reflect: Ask whether breath is shallow or supportive.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

