



Breathwork can be a powerful and grounding practice, particularly when used regularly and with kindness towards yourself. If you find these exercises helpful but notice that difficult thoughts, emotions, or bodily responses continue to arise, additional support may be beneficial.

I offer therapeutic support that integrates nervous system regulation, emotional awareness, and gentle exploration of lived experience. If you'd like support tailored to your individual needs, please feel free to contact me to discuss how we might work together.

Diaphragmatic Breathing (Belly Breathing)

Diaphragmatic breathing has been extensively studied, and its benefits span physical, emotional, and cognitive domains. It has been shown to help regulate temperature perception and reduce flush-related anxiety. Other key benefits are:

1. **Reduces Stress and Cortisol**
Activates the parasympathetic nervous system, shifting the body from “fight or flight” to “rest and digest”. Lowers cortisol levels, easing physical tension and emotional overwhelm or during panic episodes.
2. **Improves Sleep Quality**
Slows heart rate and calms the nervous system, helping with insomnia and nighttime anxiety.
3. **Enhances Emotional Resilience**
Builds a buffer between stimulus and reaction, supporting emotional regulation during menopause or grief. Strengthens self-awareness and reduces impulsivity.
4. **Boosts Oxygenation and Brain Function**
Increases oxygen intake, improving cellular energy and cognitive clarity. Supports focus, memory, and decision-making.
5. **Lowers Blood Pressure**
Promotes vasodilation and reduces heart rate, aiding cardiovascular health.
6. **Strengthens Immune Function**
Stimulates lymphatic flow, helping remove toxins and support immune response.
Reduces inflammation linked to chronic stress.



7. Supports Digestive Health
Encourages “rest and digest” mode, improving enzyme production and gut motility.
8. Relieves Anxiety and Muscle Tension
Calms racing thoughts and relaxes muscles, especially in the chest, shoulders, and neck.
9. Aids Pain Management by reducing muscle tension and spasms, which may alleviate pain, especially in the back, neck, and shoulders.

How to Practice

1. Sit or lie down comfortably. Place one hand on your chest, the other on your belly.
2. Inhale slowly through your nose. Let your belly rise—your chest should stay mostly still.
3. Exhale gently through pursed lips. Feel your belly fall.
4. Repeat for 5–10 minutes, focusing on the rhythm and sensation.

Other Breathwork Techniques

Box Breathing (4–4–4–4)

This exercise is good to manage anxiety, emotional overwhelm, and grounding.

1. Inhale for 4 counts
2. Hold for 4
3. Exhale for 4
4. Hold for 4
5. Repeat for 2–5 minutes.

Physiological Sigh (Huberman Method)

This method can quickly reduce stress and can be paired with metaphor prompts like “release the wave.”

1. Take two short inhales through the nose.
2. Follow with a long, slow exhale through the mouth.
3. Repeat 3–5 times.

4–7–8 Breathing

This method supports sleep regulation and calming night sweats and can be ideal for bedtime routines. It can enhance sleep onset and depth.

1. Inhale for 4.

2. Hold for 7.
3. Exhale for 8.
4. Repeat for 4 rounds.



Alternate Nostril Breathing (Nadi Shodhana)

This yogic method can help to balance the nervous system—useful for emotional regulation and identity reframing.

1. Close right nostril, inhale through left.
2. Close left, exhale through right.
3. Inhale through right, exhale through left.
4. Repeat for 5 cycles.

Somatic Breath Awareness

This method helps to attune into embodied experience.

1. Notice the breath without changing it.
2. Track sensations, emotions, and thoughts that arise.

Breath and Affirmation Pairing

This method supports self-compassion and reframing.

1. Inhale: “I am safe”.
2. Exhale: “I am enough”.
3. Repeat with personalized affirmations.

Breathwork tips • Do your exercises in the same place every day.

- Clear your mind of the things that are stressing you out. Instead, focus on the sounds of your breathing or the environment around you.
- Create a routine with this technique. Practice at least once or twice daily, doing the exercises for 10-20 minutes each day.
- Don't place too much pressure on yourself. Breathing exercises are meant to be beneficial and help reduce stress.

Disclaimer:

This information is intended to support wellbeing and self-regulation, but it is not a substitute for professional medical advice, diagnosis, or treatment. If you are experiencing distress or are in crisis, please contact a professional support service such as the Samaritans on 116 123, or call 999.