

Whatever is happening, is
about to happen, or has
happened...

...take a moment to

breathe

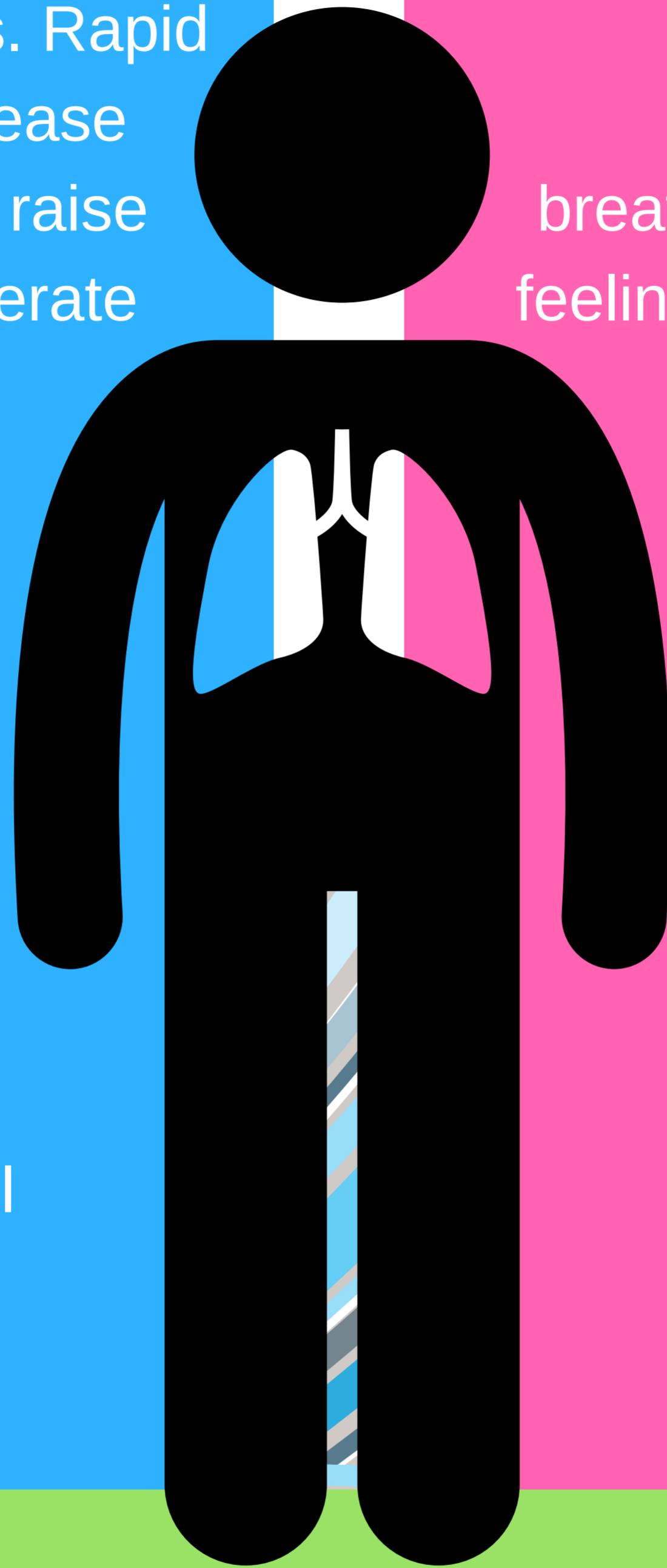
Short, or shallow, breathing can put your body into 'fight-or-flight' mode. This is a reaction to stressful situations. Rapid breathing can increase your stress levels, raise anxiety, and accelerate your heartbeat.

Flight-or-flight mode releases adrenaline and prepares your body for danger. This means that breathing rapidly can make stressful situations even worse!

Slowing our breathing by taking longer, deeper, breaths can reduce anxiety and stress.

By focusing on our breathing, when we are feeling stressed, we can change our body's reaction.

Shifting from short, or shallow, breathing to slow deeper breaths makes our body switch from a fight-or-flight response to a calmer mode.



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**If you're feeling tense, stressed, or anxious
take a few slow breaths to feel calm and
focused.**

INHALE

count to 4...

HOLD
count to 7...

EXHALE

count to 8...

REPEAT
4 times

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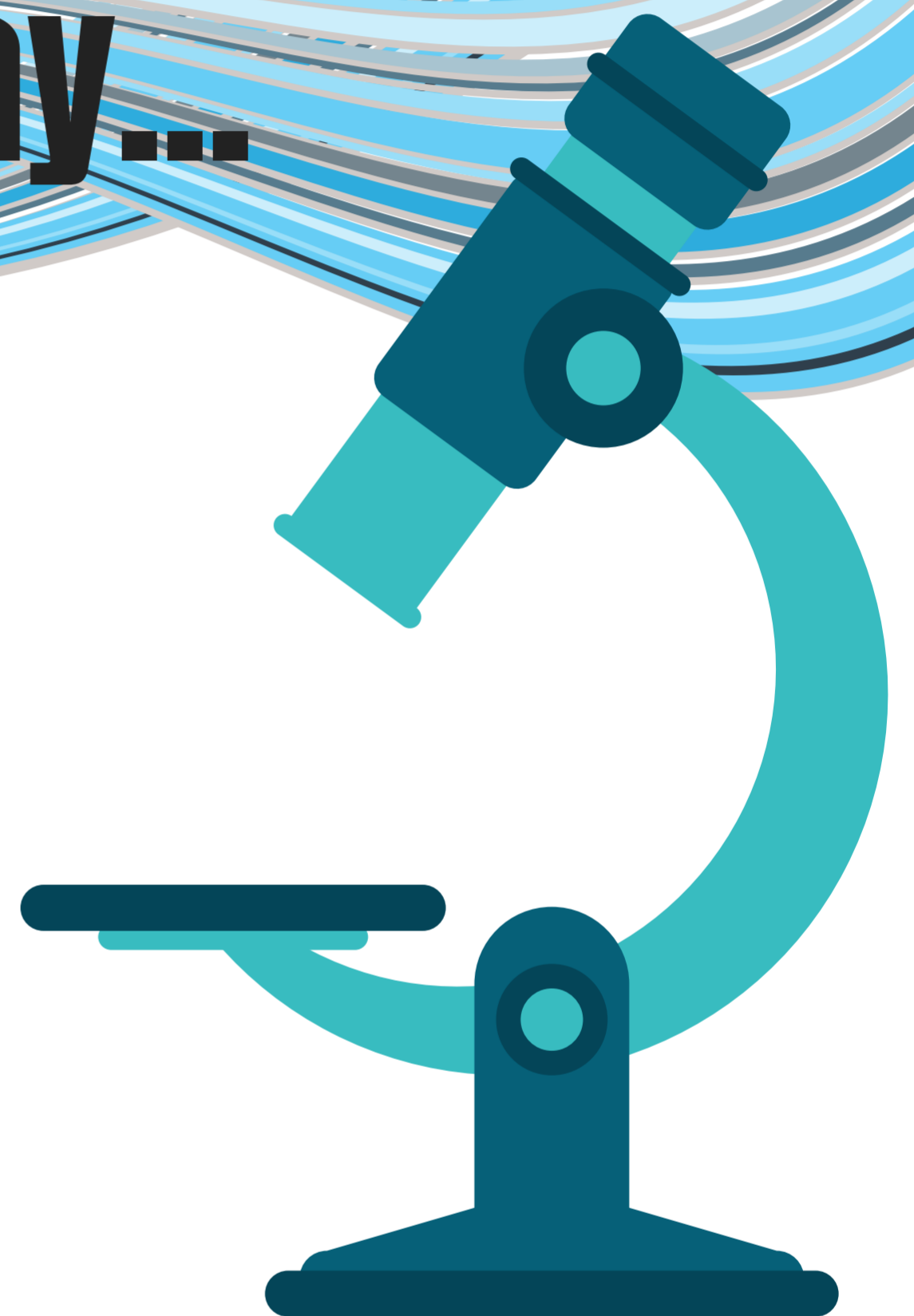
Studies say ...

A 2016 study found a neural circuit in the brainstem that seems to play a key role in the connection between our breathing and our brains. It is part of our "breathing pacemaker" which can be adjusted by our rate of breathing which in turn it can influence our emotional state!

<http://science.sciencemag.org/content/355/6332/1411>

A different study from 2017 found that counting our breathing influenced "neural oscillations in the brain". Regions of the brain involved in memory, emotion and awareness showed a more organised pattern than in our normal resting state.

<https://www.ncbi.nlm.nih.gov/pubmed/28954895>



Nose way!?!

One study from 2016 found that our breathing creates electrical activity in the human brain, and the effect is slightly different depending on whether we use our mouth or nose to breathe, and if we're inhaling or exhaling! Results suggest that breathing in through our nose stimulates our brain more than through our mouth!

<http://www.jneurosci.org/content/36/49/12448>

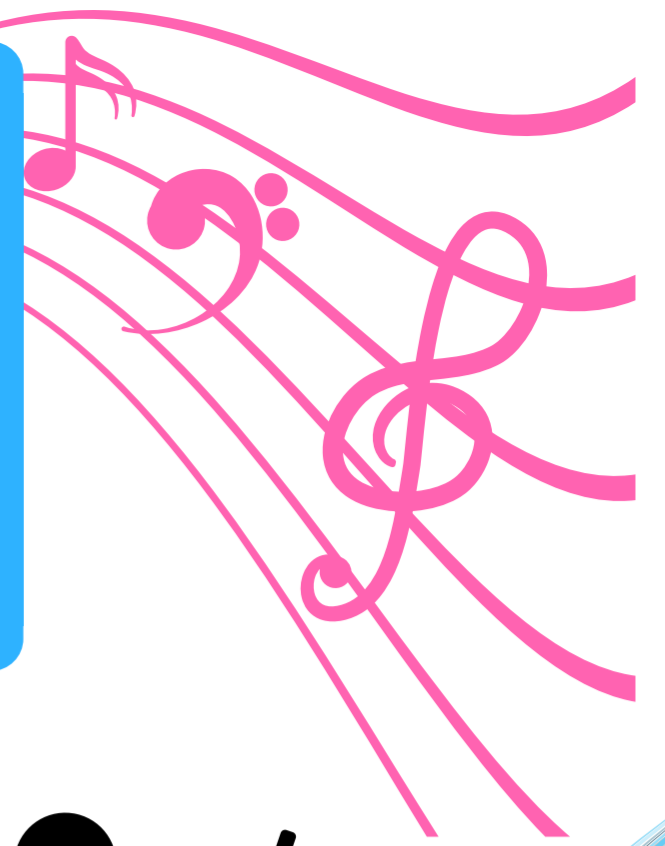




Our brains use around 20% of the oxygen we breathe in. Therefore, 1/5th of every breath is used by our brains!!

A 2012 study found that thirty minutes of controlled breathing before a performance reduced anxiety in musicians.

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0046597>



A 2016 study showed a significant relationship between 'paced-breathing' exercises and our ability to learn new skills and information!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5107920/>

Studies have shown that breathing relaxation techniques, and 'mindful breathing' have a marked effect on exam anxiety!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5072593/>

Research has shown that our breathing changes according to our emotions. It has also found that our emotions change depending on how we breathe! So changing our breathing can change how we feel!

<http://psycnet.apa.org/record/2002-15484-002>

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