# 3 Ways To Capture The Power of Deep Breathing

Deep breathing is a helpful way to reduce stress, calm anxieties, and even regulate your breathing during a workout. There is a reason trainers and therapists always say to take deep breaths during activity or during panic attacks. While their advice is sound, knowing the proper way to harness the power of deep breathing, is not really effective. Thankfully, we are here to help. We have put together three tips on how to use deep breathing effectively no matter where you are.

Long-Winded Deep breathing

This type of deep breathing is commonly used by those who practice yoga. You can either lay down or sit up with your back straight. Once in position inhale deeply filling your lung and your stomach with as much air as you can hold. Hold the air in for at least 10 seconds and then exhale while folding your stomach back in. This type of breathing will help reduce stress, boost your sense of calm, balance PH, and help aid circulation.

Single Nostril Breathing

This is one of the easiest ways to perform a deep breathing exercise. The trick to effective deep breathing is taking measured breaths and exhaling completely. The single nostril deep breathing technique has been used by yogis and therapists for ages. It works on both sides of the brain and helps to center the mind and the body through measured breathing. Start by gently closing on side of your nose with your finger. Inhale through the other nose while holding each breath for a few seconds. Exhale through the opposite nostril in a slow, measured manner. Repeat several times for each side.

Deep Meditative Breathing

Mediation is a great way to reduce stress, calm anxieties, and focus your mind. When you pair deep breathing with meditative visualization, you can infuse your life with energy. To start, go to a quiet calm space. This can be anywhere in your home or office. If you are outside you can also pick a spot where there is little foot traffic or distractions. Close your eyes and think about healing, calm waters, and light. As you are visualizing these peaceful images, take slow, deep breaths. Pull air fully into your lungs hold it for a few seconds and then release it. While you are inhaling, think about the air moving to various parts of your body and infusing you with healing energies.