# How Deep Breathing Can Help Improve Your Whole Health

Deep breathing is a great way to instantly reduce stress and gain clarity in a moment of high anxiety. However, deep breathing can also help improve your overall health. It has been proven to lower blood pressure, help stabilize the heart rate, and even lower the amount of cortisol in the body. Keep reading to find out more about how deep breathing benefits the body and how to get started.

The Effects of Deep Breathing on the Body

Breathing deeply is an effective way to mitigate the effects of PTSD and also can help reduce general anxiety or stress. Working out is a great way to get fit, but if you are not breathing properly, it can lead to fatigue or injury. Deep breathing exercises can help you increase work exercise tolerance and boost the stability of your core muscles. It also helps to prevent muscle injury and helps you to expend energy more efficiently during physical activity.

Deep Breathing & Chronic Stress Reduction

Chronic stress is not only bad for your mental health, it can also result in a host of physical conditions. Those who suffer from chronic stress are more likely to develop heart disease, have a stroke, or even develop diabetes. Chronic stress also reduces the effectiveness of your immune system which in turn opens you up to a host of viral and bacterial infections. Diaphragmatic breathing or simple deep breathing is an effective way to reduce stress and restore balance to the body. In turn, your immune system will get a much-needed boost to better safeguard you from illness.

Easy To Follow Deep Breathing Exercise

Start by sitting on the floor sitting on a chair in a semi-upright position. In a measured manner, exhale all of the breath in your body. Then, concentrate on slowly inhaling fresh air deep into your lungs. It is important to relax your body and your stomach while you inhale. This will help your diaphragm to work more efficiently and draw more air deep into the lungs.

Place your hands on your lap facing up in a loose position. With your nose inhale slowly until the bottom of your lungs is full. To help deepen your breath, move your hands up the sides of your body to expand your chest and reduce pressure on your abdomen. Open your mouth in a small O. Slowly exhale from the top of your lungs all the way to the bottom of your lungs. Make sure you release any negative energies in your mind and body at the same time.