# Quick Start Guide To Deep Breathing

There are a few different types of deep breathing. Some are a great way to help reduce anxiety while others may be more effective in improving athletic performance. One thing is clear, the power of deep breathing has a diverse range of benefits that make with worth learning how to do it correctly. Today, we will cover diaphragmatic breathing, its benefits, and the best way to put it into practice.

## What Exactly Is Diaphragmatic Deep Breathing?

This is a deep breathing exercise that is used to help make your diaphragm stronger. Your diaphragm is one of the most important muscles in your body that facilitates breathing. Working this muscle allows you to properly or more effectively perform belly breathing.

## Why is Diaphragmatic Deep Breathing Helpful?

Deep diaphragmatic breathing offers a range of whole-body benefits. Not only is it one of the most widely used forms of breathing for meditation, it is also used for general relaxation. When performed correctly, it helps to reduce the overall level of stress in the body, regulate your immune system, and it has also been proven to lower blood pressure.

## The Easy Way To Implement Diaphragmatic Deep Breathing

Deep breathing the diaphragmatic way is rather simple. Basically, you will need to inhale deeply through your nose and exhale through your mouth. When you first start learning to breath via diaphragmatic deep inhalations, it is a good idea to start the practice by laying on the floor.

Situate yourself on a flat, comfortable surface. You can either sit down or can lie down, whichever you prefer. Push your shoulders down and away from your ears in a relaxed pose. Next, place one hand on your belly and one on your chest. Take a deep measured breath through your nasal passage until you are unable to inhale further.

As you inhale, make a point of focusing on the hair that is moving through your nose and belly as it expands to your waist and sides. Try to keep your chest as still as possible during this process. Shape your lips as if you are sipping soda or water via a straw. Release the air at a slow, measured pace over the span of 4 to 5 seconds. Pay attention to the feeling of your stomach contracting as you exhale. Breathing deeply will help lower stress levels and help you focus your mind in times of duress.