

3 BREATHING TECHNIQUES TO REDUCE STRESS



BUMBLEBEE BREATH

Take a deep breath in through your nose for 4 seconds, and hum softly like a bee as you breathe out for 12 seconds. Repeat for 2-5 minutes. Humming releases large amounts of nitric oxide and melatonin which relaxes the body and promote rest. it also releases mood enhancing hormones like serotonin, dopamine, oxytocin which helps to elevate emotions, enhance self-esteem, and promote self-love.



BOX BREATHING

Take a deep breath in through nose for four seconds, then hold your breath in for four seconds. Next, exhale gently for four seconds, then hold your breath out for four seconds. Repeat for 5 minutes. Use this technique to refocus your attention, quiet racing thoughts, and balance your heart rate.

BREATH HOLD

Inhale deeply through your nose, then exhale completely through your mouth until your lungs are empty. Hold your breath out until you feel a strong urge to breathe. Repeat this process twice. Elevated stress levels often lead to shallow, rapid breathing, which depletes CO₂—a crucial component for efficient oxygen delivery throughout the body. This depletion can signal to your brain that you're in danger, leading to increased anxiety and elevated blood pressure. Breath-holding helps restore CO₂ levels, improving oxygen efficiency and fostering a sense of control.

