

# De-Stress with Breath

“I wake up every day and I think, ‘I’m breathing! It’s a good day.’”—Eve Ensler

One of the most fundamental ways to support your physical well-being, calm your mind and reduce the symptoms of stress is by learning how to breathe more effectively.

## Benefits of effective breathing

- ▶ Increases oxygenation of all organ systems
- ▶ Improves digestion, respiration and mental focus
- ▶ Supports a sense of relaxation and reduces anxiety
- ▶ Increases self-confidence and promotes a sense of well-being

## Cultivating A breathing technique

### Practice a *two-part breath*:

- ▶ Begin by noticing the breath as it is.
- ▶ Place one hand on the belly and one hand on the chest. Notice the movement of the breath as it moves the hands.
- ▶ Inhale so the breath lifts the bottom hand and then rises through the torso to lift the top hand.
- ▶ Exhale, relaxing the chest so the breath releases from the top down, drawing the belly in slightly at the bottom.
- ▶ Repeat, allowing the in-breath to be like water poured into a glass, filling the torso from bottom to middle to top.
- ▶ Allow the out-breath to be like water poured out of a glass, releasing from top to middle to bottom.
- ▶ Gradually allow the breath to deepen without force or struggle.
- ▶ If at any point you feel lightheaded or dizzy, release the technique and return to a natural and easy breath.
- ▶ Continue for 12 to 15 breaths and then rest quietly, noticing how you feel.



UF HEALTH INTEGRATIVE  
MEDICINE PROGRAM

Supporting people on their journey to realizing wholeness

For more information or to make an appointment, please call 352.265.WELL(9355)  
or visit [UFHealth.org/integrative-medicine](https://UFHealth.org/integrative-medicine).