

Calming your nervous system

How are you breathing?



Seale Natural Health

Have you noticed how shallow your breathing is when you are stressed out? Or are you over breathing?

Scientific research has shown the tone of our Vagus Nerve directly correlates to our stress levels and ability to cope with stress. This technique for a minimum of two minutes or repeated ten times helps to balance our Vagus Nerve thus relaxing our nervous system. It is also useful before a difficult or physical task, decision making, a meeting, interview or before sleep. Your children can also benefit, depending on their age you can breathe in to three, out to five and hold for one or two counts, the slow out breath is important.

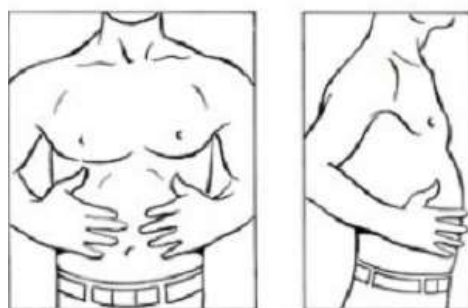
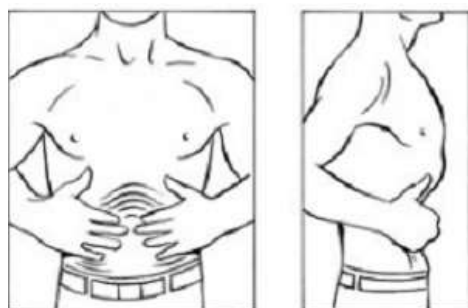
Breathing correctly is a very important part of good health. Ensuring your body gets the right balance of oxygen and carbon dioxide affects the mental, emotional and physical levels of being.

The body needs carbon dioxide in order to utilise oxygen, playing a much more important role in the body's physiology than commonly thought. If our breath is too shallow, there is not enough carbon dioxide in the system and the airways can go into spasm. How this effects the body varies from person to person but may contribute to conditions such as phobias, panic attacks, migraine attacks, epileptic seizures, high blood pressure, asthma attacks, heart attacks, sleep disturbance, sexual dysfunction and chronic fatigue.

Regularly practising this technique, until it becomes second nature, when life is stressful twice or three times a day is recommended as a minimum.

Basic breathing guidelines:

- Always breathe in through the nose.
- Place one hand on your abdomen and one on your chest at first, ensure your breath and attention go to your abdomen as you breathe in.
- Breathe in deeply to the count of 4, out slowly to the count of 8 and pause, complete for at least two minutes or ten rounds, which you can count on your fingers if you wish.
- Avoid breathing from the chest so much, always make sure the diaphragm is being utilised fully.
- If you find it difficult you can decrease the count to what is comfortable for you ie: In to 3, out to 5 and increase by one count per week until you get to in to 4, out to 8.
- Perhaps you find it easier not to count the breath, find your own way – deep in breath and slow out breath is key, find your own rhythm.



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