

# Health tip: Breathing for better health

Breathing is essential to life. We breathe approximately 22,000 times a day. Average adults take 12–20 breaths per minute when resting. Our lungs are essential for delivering oxygen throughout the body, removing carbon dioxide, and supporting vital bodily functions. Deep breathing techniques, such as diaphragmatic breathing, may lower stress and improve cardiovascular health.<sup>1,2</sup>

## Benefits of diaphragmatic breathing

### Physical benefits:

- Lowers blood pressure
- Reduces heart rate
- Improves muscle function
- Increases blood oxygen levels

### Mental benefits:

- Stress reduction
- Anxiety management
- Improved relaxation
- Better focus
- Emotional regulation

## Effective breathing techniques<sup>3,4</sup>

### Diaphragmatic breathing:

1. Sit or lie down, hand on belly
2. Inhale through nose (belly rises)
3. Exhale through mouth (belly falls)
4. Practice slow, controlled breaths

### 4-7-8 breathing:

1. Inhale for 4 counts
2. Hold for 7 counts
3. Exhale for 8 counts



Regular practice of proper breathing techniques may lead to significant improvements in both physical and mental well-being. Remember to consult with your healthcare provider before starting any new breathing exercise program, especially if you have underlying health conditions.

## Incorporating breathing practices<sup>5</sup>

### Daily implementation:

- Morning routine
- Before important meetings
- During stress or anxiety
- While exercising
- Before bedtime

### Wellness integration:

- Combine with yoga practice
- Use during meditation
- Practice during physical activity
- Implement during stressful situations



**Sources:**

1. The Lung Association. <https://www.lung.ca/lung-health/lung-info/breathing>. 2025. Accessed November 2025.
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3. American Lung Association. <https://www.lung.org/lung-health-diseases/wellness/breathing-exercises>. 2025. Accessed November 2025.
4. The University of Arizona. [https://awcim.arizona.edu/health\\_hub/awcimazine/just\\_breathe\\_using\\_breathwork\\_for\\_wellbeing.html](https://awcim.arizona.edu/health_hub/awcimazine/just_breathe_using_breathwork_for_wellbeing.html). 2024. Accessed November 2025.
5. Johns Hopkins Medicine. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>. 2025. Accessed November 2025.

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