

THE POWER OF THE BREATH

By Kate Kirrane, co-founder of Seed Wellness



As a yoga teacher, I continually teach my students about the importance of mindful breathing to calm the mind and become present in the moment. Yet, until recently, I had no idea how much breathwork is recommended by experts across many wellness disciplines to help heal both body and mind.

In fact, in a recent online mental health workshop, our psychotherapists recommended breathwork as a number one tool for people struggling with stress and anxiety.

Why? When we experience stress, this sends our nervous systems into overdrive (fight, flight, freeze). Using a breathing technique gives us immediate, direct access to our nervous systems, helping to bring us back into a calm, restful state.

Our Bodies Speak Our Minds

In fact, research is increasingly demonstrating the link between stress and a range of health conditions. As we know, when we feel anxious or fearful, it triggers a physical response, ie our heartrate increases, we shallow breathe, perspire; or get butterflies in our tummy.

However, constant low-lying stress can cause

havoc with our health. So, harnessing the power of breath is one great tool we can use to help mitigate the damaging impact of these unhelpful emotions on our bodies and minds.

Whatever situation we are in, be it a difficult conversation with our boss, falling out with a friend, road rage or whatever else, mindful breathing immediately helps unwind stress and restore balance.

The amazing thing about the breath is it's the one system of the body that happens unconsciously but that we can do consciously should we choose. Also, breathwork is free, doesn't include a single drug and can be done by anyone, anywhere, anytime. So, next time you feel stressed, get breathing! ■



3 BREATHWORK TECHNIQUES FOR YOUR WELLNESS TOOLBOX:

When you begin feeling stressed – Box Breathe. How? Breathe in for 4, hold for 4, breathe out for 4, hold for 4. Repeat 3 – 5 times

When you feel overwhelmed – The 4,7,8 Technique. How? Breathe in for 4, hold for 7 and breathe out for 8. Repeat 3 - 5 times.

When you feel fear or panic – 7 – 11 Breathing. How? Breathe in for 7 and out for 11. Repeat until you feel calm again.

Seed Wellness offers a full range of local exercise classes, holistic treatments and therapies to boost body, mind and soul. For more information, visit seedwellness.co.uk.

