

## Breath Control & Stress Reduction

Our breath is tied to everything we do. Our physical selves and our emotional selves are interconnected and reflect each other. Breath can assist in regulation of physical and emotional challenges. Working on breath control can expand our performance choices as well as assist in regulating performance anxiety.

### Guided Breathing Videos:

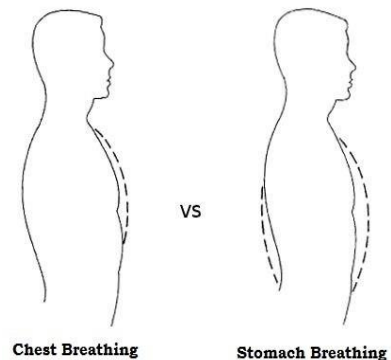
- TEDx Talk: Stacey Schuerman  
[https://www.youtube.com/watch?v=hFcQpNr\\_KA4](https://www.youtube.com/watch?v=hFcQpNr_KA4)
- Universal Breathing—Pranayama YouTube  
<https://www.youtube.com/watch?v=GLbYI3WGldM>
- Correct Breathing:  
<https://www.youtube.com/watch?v=ldNnKVGxabA>

### Recommended Apps:

- Universal Breathing—Pranayama (free; iOS, Android)
- Breathe2Relax (free; iOS, Android)
- Paced Breathing (in-app purchases; Android)
- Breathing Zone Free (iOS)
- Breathing Zone (iOS, Android: \$4)

### Chest vs. Belly Breathing Exercises

1. Put one hand on your chest, and one on your belly.
2. Take a few deep breaths.
3. Did your chest move? Or did your stomach move?



### **Chest Breathing**

- If you “get taller” when you breathe, you are breathing from your chest
- Evolutionary adaptation
- Bad posture
- This only uses about 1/3 of lung capacity

### **Belly Breathing**

- Your stomach and body expands
- Fixes posture
- Uses full lung capacity
- Babies breathe this way