

Nasal Breathing



What is the strategy?

- When you are feeling stressed or anxious, breathing through your nose instead of your mouth can help you to feel calmer.

Step-by-step instructions:

1. Close your mouth and take some long slow breaths through your nose and out through your nose. (or out through your mouth if that is more comfortable).
2. Do this for 3 – 10 breaths and then breathe normally again.
3. If at any time when you are breathing through your nose you feel dizzy, or like you can't breathe properly (for example if you are a bit congested), just start breathing normally again.
4. This should feel good, not uncomfortable.

How can I use this strategy with my family?

- Show your partner and your kids. Anyone can do this!

What are the benefits?

- Breathing through your nose instead of your mouth helps you to feel calmer. When you're stressed, it feels good to calm down, even if it is just a little.
- Being calmer also helps us to think better. It's nice to be able to think straight when faced with a stressful situation! It is also a really pleasant way to unwind before going to sleep.
- Do you know what's actually happening when you use this strategy? You are helping to lower the temperature in the part of your brain that is closest to your nasal passage... and this is the part of your brain that is active when we experience a lot of emotions, especially anger or fear. So using this strategy helps you cool down your brain, and cool down your emotions. Neat, hey?
- Your brain is like your engine. If the engine of a car overheats, the car can't run properly. This strategy can help you to keep your engine (your brain!) from overheating.