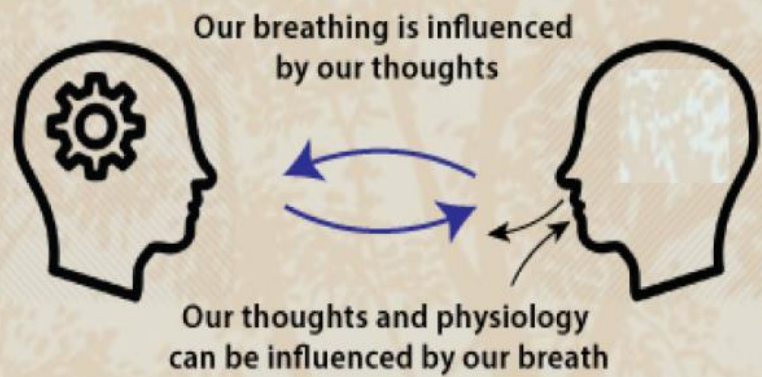


# Benefits of Breathing



**mind + body + breath** are intimately connected and can influence each other.

Learning to breathe consciously and with awareness can be a valuable tool in helping to restore balance in the mind and body.

## physical and mental benefits



Decrease anxiety and depression.



Increase happiness and optimism.



Improve sleep.



Reduce impulsivity, cravings & addictions.



Improve trauma symptoms.



Strengthen our ability to regulate emotions.



Decrease stress & regulate our body's level of cortisol: the stress hormone.



Strengthen our immunity by altering genes responsible for stronger immunity.



Reduce pain and activation of pain centers in the brain.

### Mindfulness of Breathing

Uses the breath as an object of concentration. By focusing on the breath you become aware of the mind's tendency to jump from one thing to another.

**It is a way to develop mindfulness, the faculty of alert and sensitive awareness.**



**Beginners:** use counting to stay focused on the breath. After the out-breath you count one, then you breathe in and out and count two, and so on up to ten, and then you start again at one.

**Experienced:** the focus of concentration narrows and sharpens, so you pay attention to the subtle sensation on the tip of the nose where the breath first enters and last leaves the body.

