



American Heart Association®

Healthy for Good™

# BREATHING BRINGS BENEFITS.

Take deep breaths to trigger healthful responses.



## POSITIVE RESPONSES FROM YOUR BODY

### *Did you know?*

Taking slow, deep breaths can prompt several positive responses within your body. **Deep breathing can:**



**Help to manage stress and even pain**



**Reduce feelings of anxiety and depression**



**Stabilize (or lower) your blood pressure**



**Send more oxygen to your body's organs**



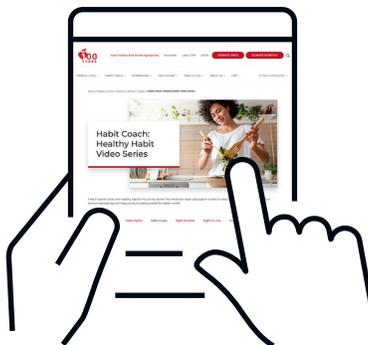
**Promote calm, by affecting your nervous system**

## INVOLUNTARY, BUT ALSO CONTROLLABLE

Of course, you go on breathing without ever thinking about it. But you can control your breathing, with just a little effort. That means you can get the many benefits of deep breathing whenever you need to!

## TRY "4-7-8 BREATHING"

There are a handful of deep breathing techniques you can try. For example, with "**4-7-8 breathing**," you inhale through your nose for four counts, then hold that breath for seven counts. Finally, exhale through your mouth (slowly) for eight counts.



## MAKE IT PART OF YOUR ROUTINE

Check out our "**Habit Coach**" videos if you want to make deep breathing exercises a healthy habit!

[heart.org/HealthyForGood](https://heart.org/HealthyForGood)