Slide 1: Just Breathe

Slide 2: Objectives

- Identify common, inefficient breathing patterns.
- Identify evidence-based benefits of a variety of breathing techniques, including effects on mental and physical well-being.
- Use simple breathing techniques in your own life to manage stress.

Slide 3: The Sympathetic Nervous System

- Fight, Flight, or Freeze response to stress
- Signals the heart and lungs to work harder
- Breath becomes more rapid

Slide 4: The Parasympathetic Nervous System

- Rest and Digest
- Helps the body return to equilibrium
- Breathing becomes slow and relaxed
- Breath shifts from chest to the abdomen

Slide 5: Common Inefficient Breathing Patterns

- Reverse Breathing
- Poor Posture (Tech Neck)
- Chest Breathing

Slide 6: The Basics of Efficient Breathing

- Awareness of posture
- Movement of the diaphragm

Slide 7: Benefits of Breath Exercises: Body

- Decreased heart rate and lower blood pressure
- An ability to help the body return to a resting state after stressful events
- A fostered sense of calm and relaxation
- Other ways…

Slide 8: Diaphragmatic Breathing

- At this point in the class particpants will practice Diaphragmatic breathing. The insturctions for this are noted in the Faciliator Guide for this class.

Slide 9: Benefits of Breath Exercises: Well-Being

- Reducing symptoms of post-traumatic stress disorder (PTSD)
- Reducing symptoms of anxiety and depression

Slide 10: Three-Part Diaphragmatic Breathing

- At this point in the class particpants will practice Three-part Diaphragmatic Breathing. The insturctions for this are noted in the Faciliator Guide for this class.

Slide 11: Alternate Nostril Breathing

- At this point in the class particpants will practice Alternate Nostril Breathing. The instructions for this are noted in the Faciliator Guide for this class

Slide 12: Review of Key Points

- Stress can impact the body and cause discomfort
- Breath exercises can help with the following:
    - Managing stress
    - Returning to a relaxed state more quickly when stress is experienced
    - Alleviating some mental symptoms of stress

Download Handout 1: Breathing Exercises from the YRRP website at www.yellowribbon.mil/cms/event-handout

Slide 13: Review of Objectives

- Identify common, inefficient breathing patterns.
- Identify evidence-based benefits of a variety of breathing techniques, including effects on mental and physical well-being.
- Use simple breathing techniques in your own life to manage stress.

Slide 14: Just Breathe