

# Breathing Pattern Disorder

Breathing sounds simple, but if we do it wrong it can profoundly affect how well being. We breath around 20,000 times per day, so if we are getting it wrong it will have a major consequences. Many people breath only from their upper chest which creates shallow breathing which can have knock on detrimental effects. This is the way an asthmatic breathes. Just think that the oxygen we breath in is vital to our lives and so if we are breathing shallow then we are not getting our full quota. There are other reasons it can profoundly affect us but this is the easiest to understand.

So instead try and use the abdomen, diaphragm and ribs. Follow these instructions.

1. Place one hand on your sternum and the other on your abdomen, this is so you can feel your breathing action whilst you practice your correct breathing.
2. First take a deep breath in through your nose. This is what should happen; your hand on your abdomen should move outward first, then your hand on your sternum should move outward and upwards slightly.
3. Now breath out through your mouth. The opposite should happen: First your upper hand on your sternum should move in and downward, then your lower hand should follow; back in.
4. Now just repeat this movement.
5. If you are not breathing correctly then practice this actions for a few minutes per day. In between this try and pay attention to how you are breathing during the day, when you drive, are at work, playing sport, when your are stressed or anxious. If you notice you are breathing shallow then just check yourself and practice a few “good” breaths. Keep doing this and eventually the new improved way of breathing will ingrain back into your subconscious and you will do it automatically.