# Sigh Breathing



Different forms of breathing are associated with different feelings. For example, when joy is experienced, the breath is regular, deep, and slow. When anxiety/anger/fear is experienced, the breath is irregular, fast, short, and shallow. Changing the rhythm of the breath can signal relaxation, slow the heart rate, and simulate the Vagus nerve; which is responsible for rest and digestion cues to the body.

The Sigh breath is a simple breathing technique that uses a long exhale with sound when the breath is leaving the body. It triggers relaxation with just a minute or two of practice.

## How To:

Find a comfortable position for your body. Close your eyes or relax your gaze downward, but keep your head in a straight and neutral position. Breathe in through your nose at a comfortable even pace (counting to four sometimes helps) and pause for a second or two before letting the breath out through your mouth in a controlled and even pace while making the sigh audible (counting to six or eight sometimes helps). You should feel a slight vibration in your throat area. Pay attention to the exhale as you are breathing.

Continue with this breathing pattern for a minute or two. When you feel ready, slowly open your eyes and just breathe as your body allows.

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