

What is Breathing Control?

Breathing control is the ability to monitor and adjust your breathing for performance or emotional control benefits. The aim of controlling your breathing is to have the skill to control your body and mind to create the feeling you want for the situation you're in.

Uses of Breathing Control

Breathing control is a simple but powerful skill that can have a large impact on both you body but also your mind.

- Body – Heart rate, muscle tension, blood flow
- Mind – Thoughts, emotions, concentration

'How' to Breathe

You can control your breathing by varying two major components:

1. Rate of breathing – Fast or slow
2. Depth of breathing – Deep or shallow

Here are 3 easy steps for centred breathing

1. In through your nose, out through your mouth
2. Breathe from your stomach, not from your shoulders.
3. Focus your thoughts on the desired outcome of your breathing:
 - "Breath in.....Relax"
 - "Calm.....smooth"
 - "In.....focus"
 - "Up.....Ready"



Fig: Centred breathing

Effects of Breathing

By altering your breathing you can have an impact of different aspects of you body and your mind. The trick for using your breathing effectively is using the right type of breathing in the right situation!

Some situation may require you to increase you physiological activation. Some situation may require you to reduce you're mental activation. The skill is knowing what the situation demands, and then have the skills to be able to control your breathing