



Healthy is controlling your breath, part two.

Breathing is directly correlated to all parts of your emotional and physical well-being, and how you breathe by engaging your diaphragm can instantly impact your nervous system, especially your heart.

WHY IT MATTERS

When you inhale, your diaphragm moves down. That creates additional space in your thoracic cavity. That larger space allows your heart to swell (through vena cava pressure), and thus blood flows more slowly. This sends a neural signal to your brain that “blood flow is reduced,” and the autonomic system in the brain sends a signal back for the heart to speed up.

In summary: inhales increase your heart rate.

When you exhale, the opposite happens. Your diaphragm moves up and creates slightly less space for your heart in your thoracic cavity. That smaller space makes your heart get smaller (again, technically through vena cava pressure), and thus blood flows more rapidly. This sends a neural signal to your brain that “blood flow is faster,” and the autonomic system in the brain sends a signal back for the heart to slow down.

In summary: exhales slow your heart rate down.





Breathe using your “second heart”

When we activate it properly during breathing, the diaphragm - the umbrella-shaped muscle in our chests - rhythmically drops and rises to allow more air to enter into our lungs and to assist in pushing blood throughout the body. Thus, the diaphragm sometimes acts as a “second heart” because it not only beats to its own rhythm but also affects the rate and strength of your heartbeat.

STEP 1: BREATHE IN THROUGH YOUR

STEP 2: EXPAND YOUR ENTIRE RIB-

It should feel like your ribcage is an umbrella opening up, expanding on all sides. Your belly should push out (not in) on your inhale.

✘ Upper Chest Breathing

✔ Diaphragmatic Breathing



Breathe easy. Don't force this breathing. It should feel smooth and rhythmical. Enjoy your breathing!