



American Heart Association®

Healthy for Good™

BREATHING BRINGS BENEFITS.

Take deep breaths to trigger healthful responses.

POSITIVE RESPONSES FROM YOUR BODY

Did you know?

Taking slow, deep breaths can prompt several positive responses within your body. **Deep breathing can:**



Help to manage stress and even pain



Reduce feelings of anxiety and depression



Stabilize (or lower) your blood pressure



Send more oxygen to your body's organs



Promote calm, by affecting your nervous system

INVOLUNTARY, BUT ALSO CONTROLLABLE

Of course, you go on breathing without ever thinking about it. But you can control your breathing, with just a little effort. That means you can get the many benefits of deep breathing whenever you need to!

TRY "4-7-8 BREATHING"

There are a handful of deep breathing techniques you can try. For example, with **"4-7-8 breathing,"** you inhale through your nose for four counts, then hold that breath for seven counts. Finally, exhale through your mouth (slowly) for eight counts.



MAKE IT PART OF YOUR ROUTINE

Check out our **"Habit Coach" videos** if you want to make deep breathing exercises a healthy habit!

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