

Pursed lip breathing

Pursed lip breathing provides resistance to exhalation and lengthens your exhale, which activates the parasympathetic nervous system and calms the body. It also activates and relaxes your respiratory muscles.

Inhale lightly – your lungs should not fill or empty completely at any point during the exercise. Purse your lips to form a narrow crack like you're about to blow a whistle or play the flute. Let the air out through your pursed lips. Your exhalation will automatically become longer. The position of your lips may tempt you to blow out air, but do not do so. Instead, just let the air exit through your pursed lips without blowing.

Breathe in through the nose, fill half of your lungs with air and let the air out through your pursed lips, taking 2–3 times longer than when inhaling.

YouTube video of the exercise

<https://www.youtube.com/watch?v=3-silfwXNP8>



Digimieli

