

Breathe Deep

Written by B. Grace Bullock, Ph.D.

Friday, 01 September 2017 00:00 - Last Updated Tuesday, 22 January 2019 08:53

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The word vagus is Latin for wanderer, and the vagus nerve certainly fits the bill. It originates in the medulla oblongata in the brain stem, and projects to most of the body's major organs, including the heart, lungs, and digestive tract, independently of the spinal column. This complex

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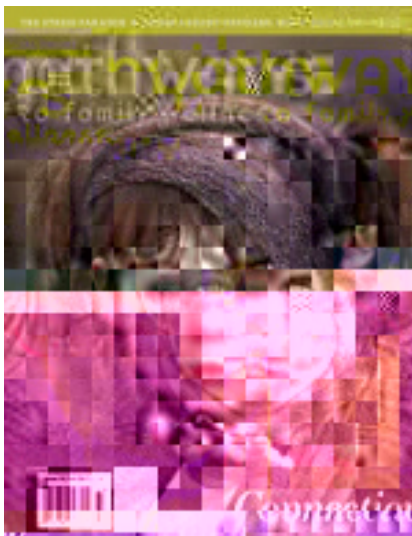
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With time and practice, intentional breathing can be used as a powerful tool to defuse stress and manage daily hassles and challenging interactions. Even better, it takes no special equipment, training, or cost to breathe mindfully, you can begin right now, and you can use it anywhere.

Many of my clients and students report that intentional breathing has been key to regaining their presence of mind and improving the quality of their relationships. As someone who has been practicing intentional breathing for more than a decade, I can't say enough about how helpful it can be, particularly during challenging interactions at home or work, or when your stress level is off the charts. Give it a try!



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