



DR LOUISE OLIVER

THERAPEUTIC LIFE COACHING

IS YOUR UNCONSCIOUS BREATHING HELPING OR HINDERING YOUR HEALTH & WELLBEING?

Breathing is a fundamental aspect of life, often occurring without conscious thought. However, **the way you breathe** can significantly impact your overall health and wellbeing.

Over the coming days, take time to **notice your breathing** patterns in various situations to see if you are breathing in a healthy manner



RESTING & MOVING

Are your lips apart?

Can you hear yourself?

Sniff, sigh, yawn frequently?

Fast, irregular, breath holding?

Shoulders move at rest?

Any changes when distracted?

SLEEPING

Do you sleep with your mouth open, snore or stop breathing during sleep?

Dry mouth, drool on the pillow, nasal congestion after waking is suggestive of mouth breathing whilst sleeping

SYMPTOMS

Do you notice any changes to your breathing when your symptoms appear?

COMFORTABLE BREATH HOLD TIME

Keep your lips sealed

Gentle breath in & out of your nose

Then hold your breath

Measure the number of seconds until you feel the first involuntary muscle spasm

Less than 25 seconds is often associated with more noticeable breathing patterns. 40 seconds or more suggests a slower, quieter, nasal, diaphragmatic breathing pattern

NOTICE, ADJUST & ADAPT

If you answered 'yes' to some of the questions or had a short comfortable breath hold time, you may have adapted away from breathing as nature intended.



Slow, quiet, nasal, diaphragmatic breathing at rest and whilst sleeping helps the body function at its best



Breathing habits are learned behaviours and can often be improved with appropriate training



By intermittently making **adjustments** your unconscious breathing can **adapt** to a healthier, natural pattern

Some people make progress independently, while others prefer a structured approach and professional guidance

If you'd like guidance in retraining your breathing, learn more:



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