



# WORK RIGHT R E V I E W

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## INHALE, EXHALE. AND REPEAT!

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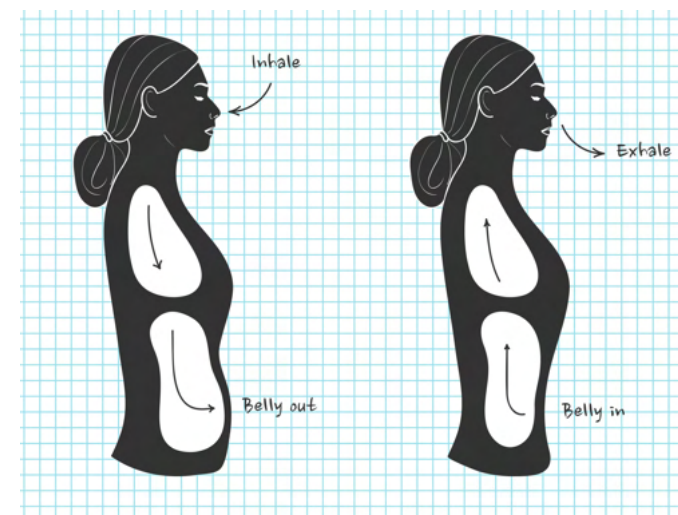
New Year, New You, New Breathing! In this week's newsletter, we learn how to enhance your rest and recuperation through diaphragmatic breathing! We can all use a little bit more of that this year anyway.

### So what is diaphragmatic breathing?

Diaphragmatic breathing, also known as abdominal or belly breathing, is when you engage your diaphragm muscle to increase your inhalation and exhalation.

**Curious yet? Here's how it works:** Your diaphragm sits just below your lungs. When you inhale, it contracts your diaphragm and creates negative pressure around your lungs, filling them with air. When you exhale and relax your diaphragm, it helps press air out of your lungs.

**Okay but why try this?** Diaphragmatic breathing has been linked to decreasing the effect of the cortisol hormone of your body (aka stress), improving attention span and lung efficiency and decreasing tension in the body.



BELLY BREATHING



### Let's try it out!

Lay on your back with knees bent or in an upright seated position. Place your left hand on your chest and right hand on your belly button. Take a few breaths here and feel how your hands might or might not be moving.

Inhaling through your nose, try to push your right hand toward the sky by expanding your belly. Slowly exhale through your mouth and feel your right-hand lower towards the floor or into your chest.

Your left hand should be moving significantly less than your right hand throughout these breaths.

*Repeat as desired! Ways to challenge yourself: try a 4-second inhale and 4-second exhale, try it seated, try it standing, on your commute, before a task or to help with relaxing you before you fall asleep.*

### WANT TO READ MORE? SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

