Feel better through breathing better

Changing your breathing is one of the quickest and most effective ways of changing how you feel.

This section provides a comprehensive range of ways of changing your mood, especially of calming yourself, which can be used anywhere, anytime.

The great thing about having a range of breathing 'tools' is that you have something to do when feeling anxious - rather than remaining passive.

The *Breathing* pages

- **Breathing Calm**
  Why better breathing helps with anxiety

- **The Sigh Breath**
  A quick anti-anxiety tool

- **Easy Breathing**
  Use this tool to relax and let go

- **Feet Breathing**
  Use breathing and mental imagery to relax

- **The OUT-breath**
  The key to anxiety management

- **Breathing tips**
  To get the most from using your breathing methods

- **Diaphragmatic Breathing**
  The healthiest way to breathe

- **Buteyko Breathing**
  Reportedly good for overall balancing of oxygen/carbon dioxide

Other related pages:

- Anxiety Management Methods
- Relaxation
- Breathing Methods
- Self Talk

Mind-Body

Caution!

NLP

NLP is used to develop the ideas and themes on this site. I have been using it for over two decades to help me understand how I and other people tick and in my work as a consultant and trainer - and it continually impresses me. If you would like to know more about NLP the following links lead to my other site:

- What is NLP + NLP FAQ
- Why learn NLP
- Where to learn NLP
- About our NLP Trainings
- NLP and outdoor activities
- NLP Worldwide

Read our caution about health-related advice

Pegasus NLP - on the web since 1998

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