

Why does deep breathing help relieve stress quickly?

In life, there will certainly be countless times when you fall into extreme anxiety and stress, learn how to breathe deeply to ease stress and fatigue. Join TipsMake.com to find out why deep breathing helps reduce stress quickly!

In life, there will certainly be countless times when you fall into extreme anxiety and stress, learn how to breathe deeply to ease stress and fatigue. Join TipsMake.com to find out **why deep breathing helps reduce stress quickly !**

1. 24 simple tips to help you relax, reduce stress in just 5 minutes

Any of us feel anxious before surgery, doctors and nurses often recommend taking a deep and slow breath, then exhale long. This does not seem to be a worrying " *quenching* " way, but in many cases, it actually delivers effective effects.



Today, scientists have sought to prove why deep breathing, including focusing on the breath while meditating, gives you **calm** and **peaceful feeling** . In an article published in *Science* , the research team led by Mark Krasnow, a biochemistry specialist at Stanford University, studied mice and found that in the brain of mice there was a group of Respiratory nerves connect directly to the excitement center of the brain. In other words, breathing can directly affect the overall level of brain activity.

Krasnow's research team conducted experiments on a group of 3,000 neurons in the rodent's brain, these neurons control all different breath patterns of mice, from rapid breathing, shortness of breath is related to exertion and excitement, to the typical slow breath for rest, long breath and breath while yelling. Krasnow found that about 60

types of neurons produce breathing and each of the nerve cell groups is responsible for " *managing* " different breath patterns.



In this study, Krasnow's team tries to differentiate each type of neuron and its diverse influence on the breath. Using genetic engineering, they control specific neurons on mice to see what respiratory functions may be affected. The group's first experiment seemed to fail when researchers changed a nerve cell, but that did not show any difference in the respiration of experimental mice. " *We feel very disappointed,* " Krasnow said.

Later, the team halted the experiment and moved the mice to a new cage. They began to notice strange changes on those mice. Usually when moved, rats will feel anxious and obsessed about having to explore new surroundings. However, instead of sniffing and running around like any other time, the mouse that was changed by the respiratory center researchers became calm. They don't feel anxious when they have to explore their surroundings.

See also: [How to keep calm when stressed, angry](#)



Krasnow has broken a set of nerves that directly affect the central brain, neurons can notify the brain when there are emergencies and set alarms for the body and help only keep calm. This is a change that occurs when they breathe deeply and breathe slowly. " *The fact that the breath and the brain are interrelated means that if we can slow the breathing down by breathing deeply or slowing the breath so that the nerve cell lines do not transmit*

signals to the antagonist center. The brain's response, which does not stimulate the brain, you can breathe calmly, this will calm your mind , "Krasnow said.

In other words, breathing can change the mind or state of the mind.



So why do some people still feel anxious after a deep breath? It may be because of their genetic variation, meaning they have slow reactions to nerve clusters that are responsible for regulating breathing, so have to breathe more consciously to convert the brain from a stirring state. to calm state. In this case, some external effects such as drugs or treatments that target the right respiratory nerve cell group and control brain activity may be necessary.

That's exactly what Krasnow hopes the research will find: How to effectively control, relieve stress through deep breaths. Professor Krasnow also said that one should not miss deep breathing because it is a way for us to **fight stress and anxiety** . This is the scientific explanation for this phenomenon.

Refer to some more articles:

1. Try these 13 psychological tricks to easily communicate with people
2. Science proves: People who often cry are the most powerful
3. 7 tips to deal with work stress

Having fun!

You finished reading the article "**Why does deep breathing help relieve stress quickly?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.