Anxiety, it could be, Birch suggests, a reason from lower down, with every bit, but there’s very little move what we call vertical breathing, in a way that isn’t anatomically incorrectly. ‘I’d estimate that 90 in London, agrees that many of us breathe for problems as diverse as migraines, sleep ‘over-breathing’ — doing it too fast, too much. Panic Naturally, by Mary Birch, a former 4-Week Plan To Manage Stress, Anxiety and also known as holotropic breathing. help you unwind or to boost energy. change how you feel — whether that’s to reportedly), breathwork essentially means athletes, and celebrities (Christy Tur touts as a shortcut to lower stress levels, increasingly popular with the wellness set, ‘breathwork’, as it is known, is becoming literally being told how to breathe for (tish at Re:Mind studio in London, who has studied the physiologists have also known of essex, who has studied the exercise scientist at the University sinus arrhythmia,’ explains Dr Gavin Sandercock, a sports and exercise scientist at the University of khan says there is probably a 30 minutes spent simply lying on your back, and you’re probably being fed a false sense of relaxed. ‘As a relaxation exercise, it works brilliantly,’ confirms Dr Sandercock. ‘That’s because, as well as lowering your heart rate, you’re also clearing your mind by concentrating on your breath. n 30 minutes of a breathing class probably will lower stress hormones such as cortisol and noradrenaline. But it wouldn’t necessarily be any better than 30 minutes spent simply lying down or reading a book. h his suggestion? Forget the class. As you breathe faster or deeper, you get more air in — that’s what the sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it. ‘You breathe in, you stimulate a nerve that slows your heart down — the vagal nerve; when you breathe out, you stimulate your sympathetic nerve, and this makes your heart speed up again. sympathetic nerve, and this makes your heart slow to match it.