

Breathing matters introduction transcription

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If you've ever struggled, been under pressure, felt highly stressed, or your physical or mental health affected, this video is for you.

We are going to look at why breathing matters and how it can help.

My name is Kim Parker, formerly a practising solicitor for over 20 years. I'd like to share with you what I didn't know back then.

Of course, if you're watching this, you're breathing. And you've been doing it all your life. But most of us, most of the time, aren't consciously aware of how we're breathing, nor how important that is. We take it for granted.

Respiration is one of those systems in the body that both happens automatically AND can be deliberately controlled or guided by us.

Did you know that how you breathe directly affects your ability to relax and de-stress?

The extent to which you can be in a relaxed state determines the degree of stress you experience, your ability to cope under pressure (in a healthy, functional way), and it supports good relationships with colleagues, clients, family, and friends.

Being able to choose to relax - at will - (while at the same time being alert) makes it much easier to access your own inner resourcefulness and develop a healthy form of resilience.

Some of the classic signs of stress in the body are shallow or rapid breathing, gasping for breath, or even unconsciously holding our breath. These can indicate that our 'fight or flight' response is activated.

Our bodies never lie. In a stressful job or environment, this can become our default way of being. And we don't even realise. Because the pressure can be

relentless. So we never actually get a chance to recover from 'fight or flight'. The consequences of that can be far reaching and potentially life threatening.

If our bodies are in fight or flight, our brain is getting messages that we are in mortal danger. So we are always on high alert, with no respite.

Here's the exciting bit. Our respiration system is one of the body's organs that sends messages to the brain. By steering our BREATHING, we can change the messages that our brain is getting.

Consciously breathing in a more functional way that aids relaxation, even just for a minute or so, enables us to find our balance, calm our body system (taking us out of fight or flight), and be able to handle whatever life throws at us.

The great thing is that breathing is available to us 24/7, wherever we are, whatever we're doing. It's simple, and it costs nothing. But the value of breathing functionally is immense.

In the second of this pair of videos, I am going to give you an experience of a very simple and effective way that you can use your breath to help you relax and re-centre yourself. Enabling you to not only survive but set up the conditions for you to thrive!

Kim Parker