

Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is an oval with a dark blue background. Inside the oval, the word "Apollo" is written in a white, cursive script. Below "Apollo", the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif font, flanked by two horizontal white lines. Underneath that, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

Apollo

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: July 2023

The Power of Breathing

Breathing is an essential function of the human body, but it's often taken for granted. However, research has shown that breathing techniques can have a significant impact on physical and mental health. In this meeting, we will explore the power of breathing, including its benefits, techniques, and diverse perspectives.

The Benefits of Breathing Techniques

Breathing techniques have been shown to have a wide range of benefits, including:

- Reducing stress and anxiety: Deep breathing can activate the parasympathetic nervous system, which helps the body relax and reduces stress and anxiety levels.
- Improving focus and concentration: Breathing techniques can increase oxygen flow to the brain, which can improve cognitive function and mental clarity.
- Boosting immune system: Deep breathing can stimulate the lymphatic system, which helps the body eliminate toxins and improve immune function.
- Improving sleep quality: Breathing exercises can help the mind and body, which improve sleep quality and duration.

Breathing Techniques

There are many breathing techniques to choose from, each with its own benefits and applications. Here are a few popular techniques:

- Deep breathing: Inhale deeply through the nose, filling the lungs with air, and exhale slowly through the mouth, releasing tension and stress.
- Box breathing: Inhale for four counts, hold for four counts, exhale for four counts, and hold for four counts before repeating the cycle.
- Alternate nostril breathing: Close one nostril with your finger and inhale through the other nostril, then switch nostrils and exhale through the opposite nostril.

Perspectives on Breathing Techniques

While breathing techniques can have many benefits, it's important to recognize that not everyone can benefit from the same techniques. Some people may have physical limitations that prevent them from doing certain breathing exercises, while other may not find them effective for their specific needs. It's important to find a breathing technique that works for you and your individual needs.

HEALTHY OR SAFETY REMINDER: Are you checking the air quality index? The Air Quality Index is available year round from your phone's weather app, or on the www.airnow.gov web and the <https://enviwa.ecology.wa.gov/home.map> . The AQI can change during the day and from day to day and can be affected by wildfires at great distance from your work location.

Conclusion

Breathing techniques can have a significant impact on physical and mental health, including reducing stress and anxiety, improving focus and concentration, boosting the immune system, and improving sleep quality. With many different techniques to choose from, it's important to find the one that works best for you and your individual needs.

Discussion Points/Quiz Questions:

1. What are the benefits of breathing techniques?
2. What is Box Breathing?
3. Does anyone have a breathing technique they would like to share?