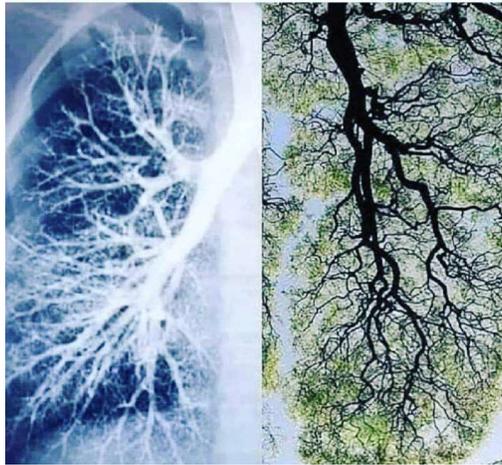


Talking Points Guide

Episode 30: Stressed? Take Three Deep Breaths

We breathe in what the trees breathe out, and they breathe in what we breathe out. Forever overwhelmed by the beauty of God's design...



To better understand your respiratory system, first picture a tree.

The trachea, or windpipe, is like the trunk of the tree. From there, the airways divide and divide, like branches of a tree. At the end of a tree's branches are leaves; similarly, the ends of the bronchioles have alveoli also known as air sacs, where gas exchange takes place.

In the air sacs, freshly inhaled oxygen is passed to the blood, which is then pumped through the body; the air sacs also absorb carbon dioxide, which is then removed from the body through exhalation.

The diaphragm, a thin muscle that separates the chest and abdominal cavities, tightens and pulls down as you breathe in, opening the chest cavity and allowing the lungs to expand. To breathe out, your diaphragm relaxes and moves upward, pushing air out.

Take a deep breath

Though it may feel unnatural to breathe deeply, the practice comes with various benefits. Deep breaths are more efficient: they allow your body to fully exchange incoming oxygen with outgoing carbon dioxide. They have also been shown to slow the heartbeat, lower or stabilize blood pressure and lower stress.

To experience deep breathing, find a comfortable place to sit or lie down. Breathe slowly and deeply through your nose, causing your stomach to rise and expand. Exhale fully. Repeat often throughout the day. 😊