

Benefits of Breathwork

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Why this matters: Breathwork is quickly moving from niche wellness practice to mainstream health tool. This article from the Global Wellness Institute identifies key trends showing how intentional breathing is used to manage stress, improve sleep, support mental health, and boost performance—practical strategies anyone can use, with no special equipment required.

Summary

The Global Wellness Institute’s Breathe Initiative identifies five major trends for 2025 that highlight how intentional breathing is becoming a central part of everyday health and wellness. The report explains that breathwork’s effectiveness stems from its ability to influence the nervous system, shifting the body from a stressed, fight-or-flight state to calm and balance.

Types of breathing, including nasal breathing and techniques like 4-7-8. Breathwork is a go-to antidote for digital overwhelm, with techniques like box breathing and guided sessions helping people counter anxiety and burnout from constant screen time. There is a growing use of breathwork for emotional intelligence, mental health management (particularly anxiety and depression), and performance optimization in both athletic and professional settings.

Key takeaways

- Nasal breathing is supported by evidence that it delivers more oxygen to the brain, produces nitric oxide to open airways, and can reduce snoring to promote deeper sleep.
- Breathwork is a powerful, accessible tool for countering digital overwhelm—it activates the parasympathetic nervous system, promoting relaxation and mental clarity when screen time triggers stress and anxiety.
- Digital breathwork is delivered through personalized coaching, or an app can help make breathing a regular habit.
- Specific breathing techniques, such as diaphragmatic breathing and 4-7-8 breathing, are shown to be effective for managing anxiety and depression by calming the nervous system and stimulating the vagus nerve.
- Breathwork is being embraced as a high-impact performance tool in both sports and the workplace, with structured breathing practices helping people refocus, recover, and build stress resilience.

What you can do

- Try a simple breathing technique today: inhale for 4 counts, hold for 7, exhale for 8 (the 4-7-8 method). Practice this before bed or during stressful moments to activate your body's calming response.
- Use a brief breathing exercise as a “digital detox” break during your workday: step away from screens, close your eyes, and take 10 slow, deep belly breaths to reset your focus and reduce tension.

Questions to consider

Use these at your next appointment or when evaluating your care:

- Could breathwork techniques help me manage stress or anxiety alongside (or instead of) other approaches I'm currently using?
- How might I incorporate a brief daily breathing practice into my routine for better focus, sleep, or emotional regulation?

Related CarePoint topics: Wellness, Breathwork, Mental Health

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