

# THE SCIENCE OF DEEP BREATHING

## DIAPHRAGMATIC BREATHING

- [Teaching Diaphragmatic Breathing to Children](#)
- [Respiratory Diaphragm Function: Understanding the Muscle that Powers Breath](#)
- [The Science of Breathing](#)
- [The physiological effects of slow breathing in the healthy human](#)
- [Aging of the Diaphragm Muscle](#)
- [The Healing Power of Proper Breathing](#)

## MOUTH BREATHING & CHILDREN

- [Mouth Breathing Syndrome: cervical muscles recruitment during nasal inspiration before and after respiratory and postural exercises on Swiss Ball](#)
- [The importance of correct breathing for raising healthy good looking children](#)
- [Mouth breathing: Adverse effects on facial growth, health, academics, and behavior](#)
- [Walk test and school performance in mouth-breathing children](#)
- [Mouth Breathing Causes, Treatments And Consequences](#)
- [Clinical Correlates of Carbon Dioxide Hypersensitivity in Children](#)

## STRESS & ANXIETY

- [Immediate Effect of a Yoga Breathing Practice on Attention and Anxiety in Pre-Teen Children](#)
- [The Effect of Diaphragmatic Breathing on Attention, Negative Affect and Stress in Healthy Adults](#)
- [How to Keep Your Cool in High-Stress Situations](#)
- [How To Manage Anxiety With A Breathing Exercise by Dr Stephen Porges](#)
- [A quick way to boost student wellbeing? Deep breathing](#)
- [Tools for Managing Stress and Anxiety](#)

- [Relaxation techniques: Breath control helps quell errant stress response](#)
- [Deep, Slow Breathing: An Antidote to Our Age of Anxiety?](#)
- [Humming Greatly Increases Nasal Nitric Oxide](#)
- [Take a Deep Breath](#)
- [Vision and Breathing May Be the Secrets to Surviving 2020](#)

## **ASTHMA & RESPIRATORY**

- [Physical Therapy for Children with Chronic Lung Disease](#)
- [COVID-19 and a serious inflammatory syndrome in children: Unpacking recent warnings](#)
- [Facts and challenges in respiratory neurobiology](#)
- [The role of breathing training in asthma management](#)
- [Respiratory pattern of diaphragmatic breathing and pilates breathing in COPD subjects](#)

## **MINDFULNESS**

- [Mindfulness-Oriented Meditation for Primary School Children: Effects on Attention and Psychological Well-Being](#)
- [The Benefits of Being Present: Mindfulness and Its Role in Psychological Well-Being](#)
- [Mindfulness training helps kids sleep better, Stanford Medicine Study Finds](#)

## **SLEEP**

- [Mindfulness training helps kids sleep better, Stanford Medicine Study Finds](#)

## **PSYCHOLOGY OF BREATHING**

- [How Breath-Control Can Change Your Life: A Systematic Review on Psycho-Physiological Correlates of Slow Breathing](#)

## LEARNING AND FOCUSED ATTENTION

- [Improvement of Attention in Elementary School Students through Fixation Focus Training Activity](#)
- [How breathing can help you make better decisions: Two studies on the effects of breathing patterns on heart rate variability and decision-making in business cases](#)
- [Yoga and Breathing Exercises Aid Children With ADHD to Focus](#)

## SPECIAL NEEDS (AUTISM)

- [Autism Anger Management: How to Visually Teach Deep Breathing](#)
- [Relaxation Training for Kids on the Autism Spectrum](#)

## ATHLETIC PERFORMANCE

- [How to Build Endurance in Your Brain and Body](#)
- [Diaphragmatic breathing reduces exercise-induced oxidative stress](#)
- [Dysfunctional breathing and reaching one's physiological limit as causes of exercise-induced dyspnoea](#)
- [Breathe better, Move Better](#)
- [How your breathing can help you run faster with less effort](#)

## BREATHING DISORDERS

- [Breathing pattern disorders and physiotherapy: inspiration for our profession](#)
- [Breathing abnormalities in children with breathlessness](#)
- [EXERCISE INTERVENTION FOR INDIVIDUALS WITH DYSFUNCTIONAL BREATHING: A MATCHED CONTROLLED TRIAL](#)
- [Assessment of Breathing Pattern Disorders](#)

## COVID & OTHER HEALTH

- [COVID Best Practices- D. Belisa Vranich](#)
- [Lying face down improves breathing in severe COVID-19](#)
- [Healing Irritable Bowel Syndrome with Diaphragmatic Breathing](#)

## **YouTube Videos**

- [Whale Breath Sing-Along- Belly Breathing for Kids](#)
- [Your Thoughts Are Bubbles](#) by Jon Kabat-Zinn
- [Raising Healthy Children](#)- Dr. Rosalba Courtney
- [Slow Breathing for Children](#) by Patrick McKeown
- [Sleep & Breathing for Improved Learning & Attention](#)-Dr Rosalba Courtney - - July 2020 Video