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diaphragmatic breathing and other types of breathing exercises can potentially help maintain or increase lung capacity in those without underlying lung conditions slow down your breathing rate to make breathing easier strengthen your diaphragm use less exertion and energy to breathe always talk to your doctor before starting any breathing exercises dusting regularly changing air filters and keeping your house smokefree are just a few of many tips to improve your indoor air practice deep breathing there are many ways to breathe deeply that may not only improve your lung function but also assist in managing stressful situations taking time out of a stressful day to perform simple breathing exercises can reduce chronic stress and prevent the harm it can inflict on the body even a few short breathing sessions sprinkled throughout the day can make a big difference for many people breathing techniques are a form of breathwork used to improve well being by reducing your stress response and easing anxiety these breathing techniques bring awareness to your diaphragm nostrils lips and thoughts to reduce stress using correct breathing techniques can help improve a person s lung efficiency it can also help alleviate stress and anxiety correct breathing is therefore beneficial for both physical and

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using correct breathing techniques can help improve a person s lung efficiency it can also help alleviate stress and anxiety correct breathing is therefore beneficial for both physical and

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