

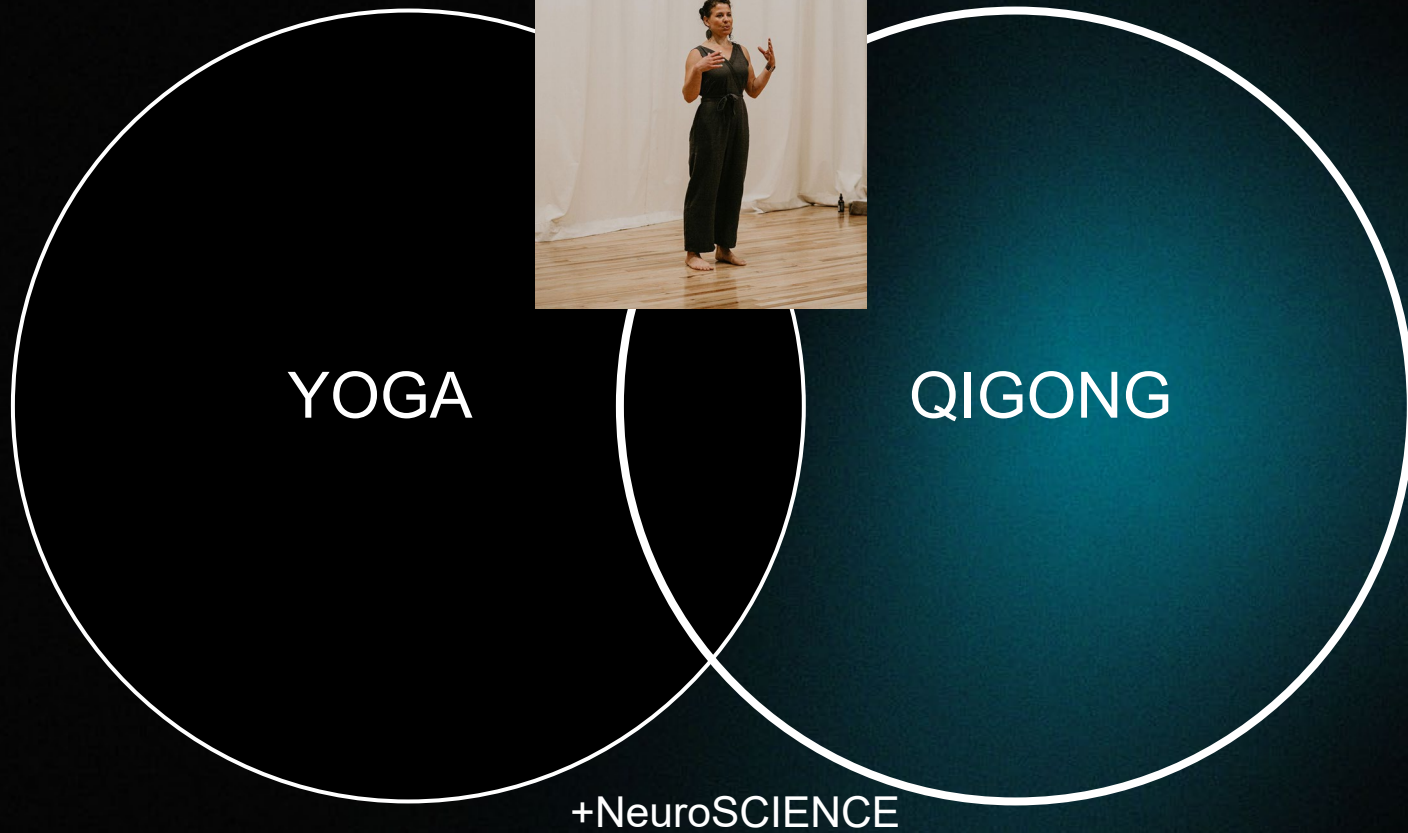
“Breath as Medicine”

The Role of Conscious Breathing and Sensory Strategies for Lowering Heart Rate & Blood Pressure.

PRESENTATOR: **Jaquelyn Rauff**



Discover how breathwork, scent, visual stimuli, and sound can activate the body's natural relaxation response, reducing heart rate, lowering blood pressure, and easing anxiety. This session explores practical, evidence-based techniques that can be integrated into patient care to support cardiovascular health and overall well-being.



BEING grounded and regulated will directly impact how care is received.

• CALM IS
CONTAGIOUS!



BREATH OF JOY

4

INHALE

INHALE

INHALE

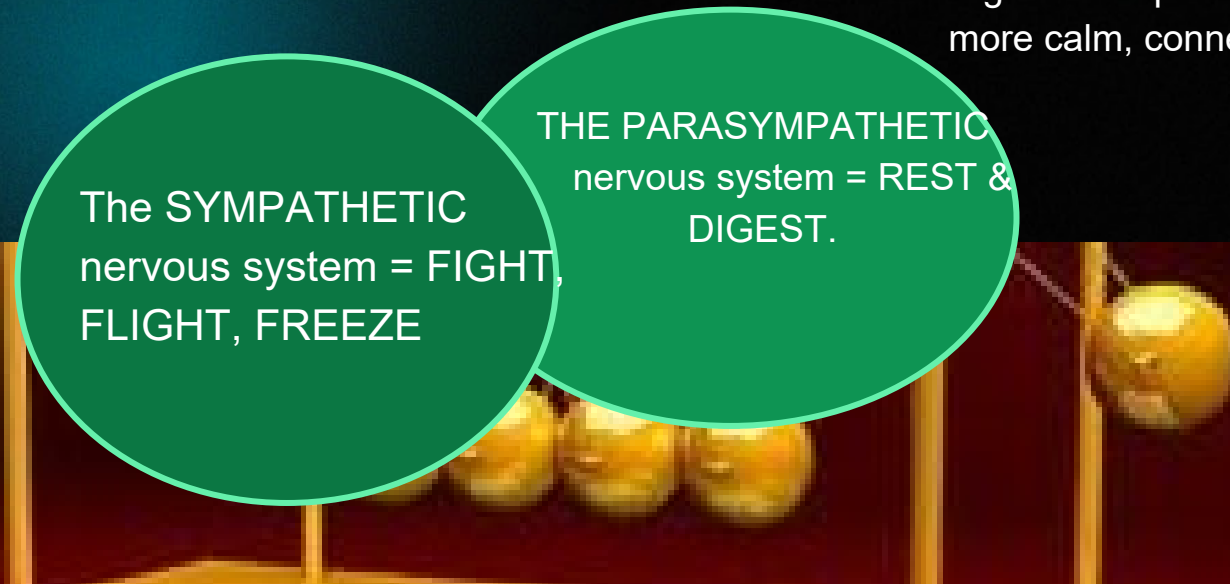
EXHALE



STRESS & the NERVOUS SYSTEM

STRESS = shallow breath, heart rate and blood pressure rise, muscles tighten, digestion slows, and mental clarity fades.

HEALING MODE = that's where breath deepens, heart rate slows, digestion improves, and we become more calm, connected, and creative.

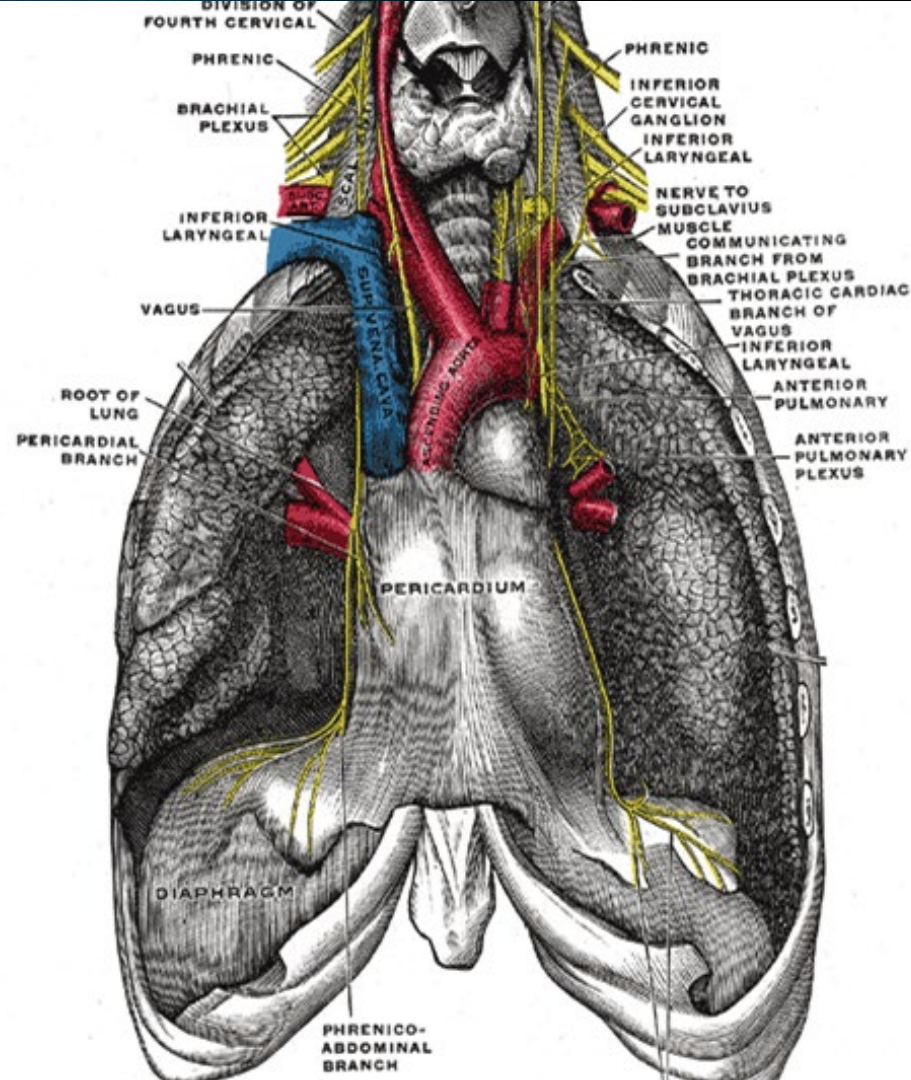
A Newton's cradle with five golden spheres is visible in the background, set against a dark red gradient.

The SYMPATHETIC nervous system = FIGHT, FLIGHT, FREEZE

THE PARASYMPATHETIC nervous system = REST & DIGEST.

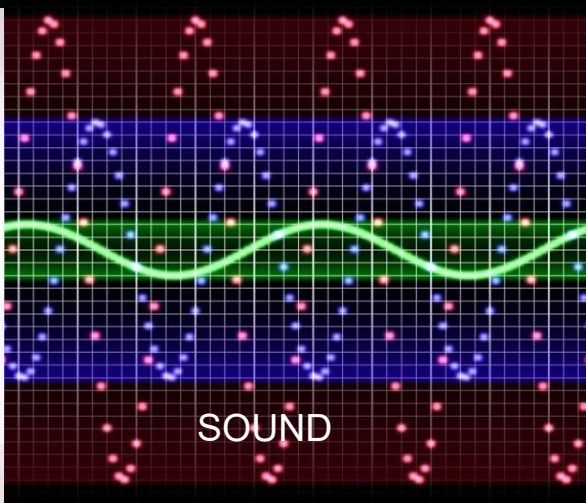
THE VAGUS NERVE

- Makes up about 75% of your parasympathetic nervous system overall.
- Links the brain, heart, lungs, gut and even pelvis
- Supports recovery, digestion, blood sugar, blood pressure, heart rate, depression, anxiety, and emotional blindness.





POSTURE



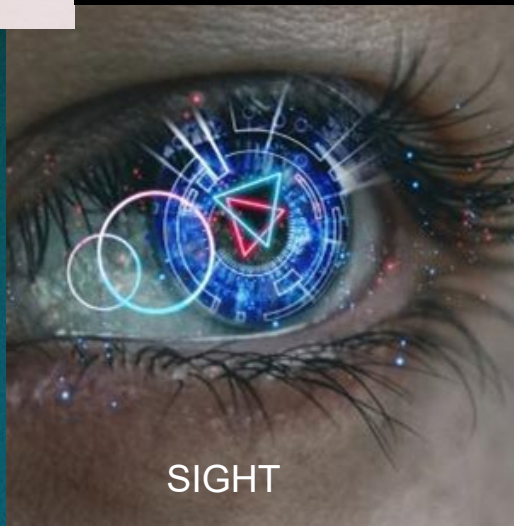
SOUND



BREATH



SMELL



SIGHT



TOUCH

Sight

Utilizing Eye movement exercises such as lateral tracking, circular motions, and shifting focus from near to far—can powerfully influence this vagal pathway

=

REDUCED MUSCULAR
TENSION, ENHANCED
CALM & INCREASED
NEUROPLASTICITY



SMELL



Scent is transmitted to the brain via the olfactory nerve through inhalation. Signals from the brain then travel throughout the central nervous system, which control our instincts and emotions.

Diffusing essential oils can be a powerful way to shift your mood and create a meaningful ritual or sensory anchor.

Each essential oil offers unique characteristics: lavender promotes calm, citrus and peppermint are uplifting, while eucalyptus can be clearing and pine or frankincense provides a grounding effect.

TOUCH

SELF MASSAGE, MASSAGE, BILATERAL STIMULATION, TAPPING, a HUG or even just a HAND ON CHEST OR BELLY can signal safety and put us into REST and DIGEST.

- Lower BLOOD PRESSURE
- Lower HEART RATE
- REDUCED ANXIETY
- INCREASED IMMUNE SYSTEM



SOUND

Using certain sounds can lower physiological markers of stress, such as cortisol levels, heart rate variability, and blood pressure.

Classical

Ambient

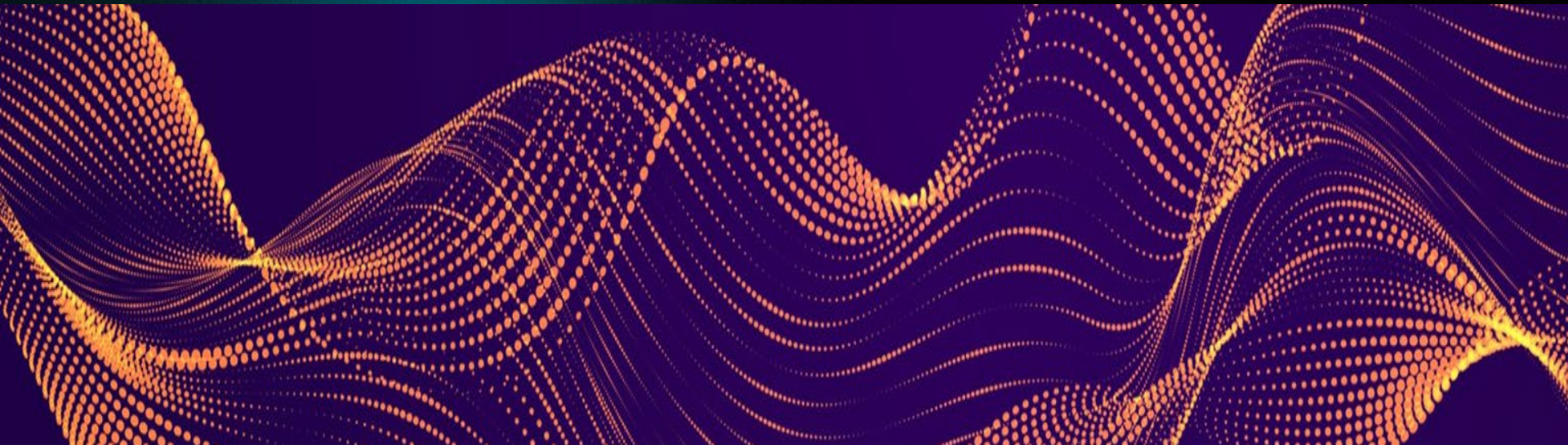
Slow tempo

432528 hertz frequencies

Nature Sounds



HUMMM



BREATH

PRANAYAMA SUPPORTS RELAXATION. IMPROVED MENTAL CLARITY, PAIN MITIGATION, ATTENTION, ATHLETIC PERFORMANCE AND MEMORY RETENTION. IT INCREASES OXYGEN FLOW, WHICH SUPPORTS CELLULAR METABOLISM, NOURISHES BRAIN TISSUES, AND PROMOTES OVERALL NERVE HEALTH. THESE EXERCISES ACTIVATE THE PARASYMPATHETIC NERVOUS SYSTEM AND REDUCES CORTISOL LEVELS. MINIMIZING THE HARMFUL EFFECTS OF CHRONIC STRESS WHILE PROMOTING RELAXATION AND REDUCING TENSION.

QI	PRANA	OXYGEN
VITAL LIFE FORCE	AWARENESS	ENERGY





BREATH AWARENESS

TAKING THE ROLE OF THE CONSCIOUS
OBSERVER.

TRACK and Follow your BREATH.



- Establishes INTIMACY with SELF
- Strengthens our INTEROCEPTION

Physiological Sigh

Practice 4 breaths in a row or for around 2 minutes.

Can be sitting, standing, or lying down.



INHALE DEEPLY.

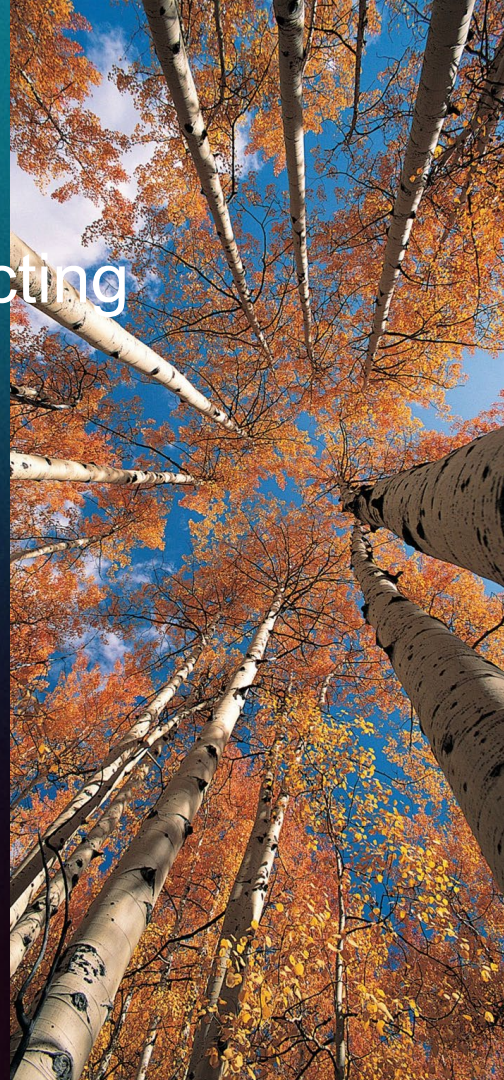
AT THE TOP OF YOUR INHALE TAKE
AN EXTRA SIP OF AIR.

EXHALE SLOWLY AS YOU COUNT
TO 10 SILENTLY.

DIAPHRAGMATIC BREATH

We are intentionally and consciously connecting with our diaphragm.. Expanding in ALL directions as we breathe IN.

EXHALE all your air out..navel pulls to spine.



"You can't stop the waves,
but you can learn to surf!"

Jon Kabat-Zinn

