



# EAP Newsletter MAR 23

This month, we look at the effects of deep breathing on our physical and mental health and introduce you to our new app habithealth+. The app includes a range of 'health journeys' including one specifically called 'BreatheWell'.

You can download the app and use it to support your everyday health.

## Benefits of Deep Breathing

There is an increasing amount of medical evidence to support the notion that deep-breathing techniques can improve health and aid in the treatment of illnesses, enhancing wellbeing and health, even in healthy people.

## The role of deep breathing in combating disease



### Cardiovascular diseases

Deep breathing can be effective in reducing high blood pressure and heart rate in hypertensive individuals.



### Stress and Anxiety

Empirical evidence based on both objective and subjective measures points to the effectiveness of deep-breathing exercises for improving psychological and physiological stress.

Deep breathing can reduce anxiety and depressive symptoms in the general population and people with these clinical conditions.



### Respiratory diseases

Deep breathing can help in the treatment of asthma and tuberculosis, as well as help with nicotine withdrawal.



### Diabetes

Breathing techniques can enhance the quality of life and improve sympathetic responses in people with diabetes when combined with traditional treatments.



### Cancer

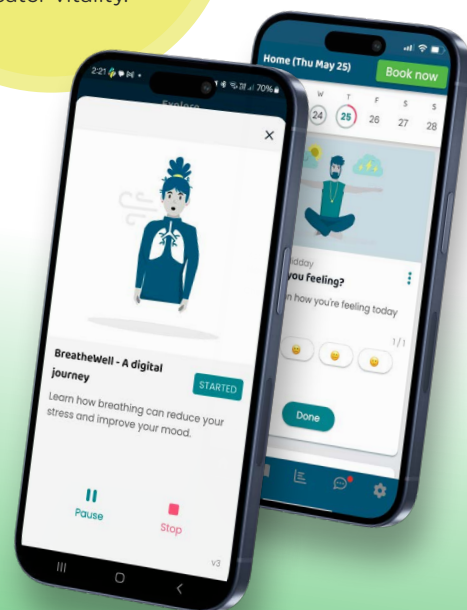
Deep-breathing techniques can improve fatigue, quality of life, sleep, and anxiety when combined with chemotherapy or radiotherapy in cancer patients.

# The role of deep breathing for improving wellbeing



Download the **habithealth+** today to access our 'BreatheWell' health journey to engage in the benefits of better breathing on your health and wellbeing.

CLICK HERE TO  
DOWNLOAD



If you need to talk to someone in person, we're available nationwide.

To make an appointment **Book online** or call **0800 327 669**

