

## Wim Hof Breathing

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Ever get tired of being told "Just Breathe! "? If you are like me, you appreciate guidance and more direct practices. One practice I personally have benefitted from is the guided meditation by Wim Hof, which I learned from attending one of his workshops.

You might ask: What's the point of breathing? Many people struggle with depression and anxiety. One place this is stored is in the lungs, which manifests in shallow breathing. Deep breathing allows you to more fully inflate the lungs. A lot of my patients also struggle with trauma, in which they are in a constant fight or flight state by activation of the sympathetic nervous system. Deep breathing activates the parasympathetic nervous system, which helps counteract the hyperactive sympathetic nervous system.

If you are willing to try something new, give the Wim Hof a puff!

Links:

1. <https://www.youtube.com/watch?v=OBNejY1e9ik>