



Deep Breathing Exercises for Constipation





Constipation is a common challenge that affects many individuals living with a neurological condition.

NeuYou Rehab provides occupational therapy services for those who have difficulty with this task, including a constipation assessment and strategies to improve self-management and environmental adaptations to support you in achieving this.









Benefits of Deep Breathing Exercises

Deep breathing exercises can help alleviate constipation by making your body more relaxed and promoting better digestion. Here's how it works:

-  **Relaxation:** When you take deep breaths, it helps your body relax and reduce stress. Stress can affect your digestion and make constipation worse. By practicing deep breathing, you can calm your body which helps your digestive system work better.
-  **Better Blood Flow:** Deep breathing involves using diaphragm, which is a muscle between your chest and abdomen. This type of breathing increases blood flow to your stomach area, including your intestines. When there's better blood flow, your digestive organs can function better, which can help with constipation.
-  **Stimulating the Digestive System:** Deep breathing activates a special nerve called the vagus nerve, which is important for digestion. When the vagus nerve is active, it tells your body to relax and digest food properly. This can help with bowel movements and relieve constipation.
-  **Relaxing Abdominal Muscles:** When you take deep breaths your abdomen expands and contracts. These movements can massage your abdomen area and relax the muscles. This relaxation can help with the natural contractions that push stool through your intestines, making it easier to have a bowel movement.

Breathing Techniques

-  Find a quiet and comfortable spot to sit or lie down.
-  Put one hand on your abdomen and the other on your chest. Breathe into the bottom hand to feel it rise up, whilst ensuring that your top hand remains still.
-  Breathe in slowly through your nose for count of 2, feeling your abdomen rise as you fill your lungs with air.
-  Hold your breath for a count of 2.
-  Breathe out slowly through your nose for a count of 6, feeling your abdomen draw in as you squeeze air out.
-  Take deep breaths like this for a few minutes (up to 5 minutes) every morning as part of your morning ritual.

