

Forum:[Hack Forums](#)

Thread: [Breathing techniques](#)

flyingduck - December 11, 2020, 1:35 pm

hi everyone,

who of you is practicing breathing techniques?
what kind of are you doing and why?
any great testimony?

Telstra - December 11, 2020, 1:54 pm

I am trying to learn circular breathing so I can play didgeridoo wbu?

flyingduck - December 11, 2020, 4:47 pm

5-5 technique to calm down, stress related

Yanix - December 11, 2020, 4:57 pm

Oh I am not used to do any of that breathing techniques, I might search and take a look what about those techniques and the benefits out of it :D

outlaw - December 11, 2020, 4:58 pm

I've done it in the past. It's a great way to mitigate stress. Meditation is also great and incorporates breathing techniques too. Something you might be interested in

Br?dley - December 11, 2020, 4:58 pm

(Dec 11, 2020 02:54 PM)Telstra Wrote: [\[CITE\]](#) I am trying to learn circular breathing so I can play didgeridoo wbu?

This is cool mate. I want to do the same. I actually want to learn how to play the didgeridoo myself, very big art to it and it's cool to listen too.

flyingduck - December 11, 2020, 4:59 pm

(Dec 11, 2020 05:57 PM)Yanix Wrote: [\[CITE\]](#) Oh I am not used to do any of that breathing techniques, I might search and take a look what about those techniques and the benefits out of it :D you should try it. its awesome

(Dec 11, 2020 05:58 PM)outlaw Wrote: [\[CITE\]](#) I've done it in the past. It's a great way to mitigate stress. Meditation is also great and incorporates breathing techniques too. Something you might be interested in exactly! :)

Lyralei - December 11, 2020, 4:59 pm

I do this when I'm stressed, usually just the more famous methods, like wim hofs.

Forensic - December 11, 2020, 4:59 pm

(Dec 11, 2020 05:47 PM)flyingduck Wrote: [\[CITE\]](#) 5-5 technique to calm down, stress related
A doctor gave me that one to try and manage anxiety. Didn't really get the hang of it though.

outlaw - December 11, 2020, 5:00 pm

When you feel your blood pressure rising, just take a step back, take a few deep breaths and watch

your stress float away.

Ivex - December 11, 2020, 5:02 pm

7 seconds in through the nose, 11 seconds out through the mouth. 7 11 breathing. Stage performers use it apparently. I do it when I feel panicked.

Yanix - December 11, 2020, 5:07 pm

(Dec 11, 2020 05:59 PM)flyingduck Wrote: [\[CITE\]](#) you should try it. its awesome

exactly! :)

I love to swim but I can't breath too long under water so I wanted to enhanced my breathing techniques as well :D

flyingduck - December 11, 2020, 5:13 pm

(Dec 11, 2020 05:59 PM)Lyralei Wrote: [\[CITE\]](#) I do this when I'm stressed, usually just the more famous methods, like wim hofs.:) someone that knows.

(Dec 11, 2020 05:59 PM)Forensiccc Wrote: [\[CITE\]](#) A doctor gave me that one to try and manage anxiety. Didn't really get the hang of it though.go with guided ones to start off. youtube is a good resource.

(Dec 11, 2020 06:00 PM)outlaw Wrote: [\[CITE\]](#) When you feel your blood pressure rising, just take a step back, take a few deep breaths and watch your stress float away.almost. :)

(Dec 11, 2020 06:02 PM)Ivex Wrote: [\[CITE\]](#) 7 seconds in through the nose, 11 seconds out through the mouth. 7 11 breathing. Stage performers use it apparently. I do it when I feel panicked.good one. i like smaller ones tbh. but it really depends on what i need it for.

(Dec 11, 2020 06:07 PM)Yanix Wrote: [\[CITE\]](#) I love to swim but I can't breath too long under water so I wanted to enhanced my breathing techniques as well :D
never thought about that but makes sense. singers do very long ones. i know a opera singer that does 30s+

Yanix - December 11, 2020, 5:16 pm

(Dec 11, 2020 06:13 PM)flyingduck Wrote: [\[CITE\]](#) :) someone that knows.

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almost. :)

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I always wanted to swim under water without any breathing equipment if ever I have managed to perfect the breathing techniques I might be able to stay under water for much more longer than before :D

Lyralei - December 11, 2020, 8:58 pm

(Dec 11, 2020 06:13 PM)flyingduck Wrote: [\[CITE\]](#) :) someone that knows.

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I think it kind of works, I usually am never able to breathe that long, my longest is 4 minutes now after doing this on and off for a couple months.

2xTheTap115 - December 12, 2020, 1:08 am

It is true that I do not practice any now, but I used to practice very hard a technique called quantum breathing

Speed Test - December 12, 2020, 3:14 am

How doing breathing improves your stress I don't get that.. I see everyone talking about breathing, maybe I am not doing this right?

A + - December 12, 2020, 3:16 am

Breathe in for a count of 5

Hold it for a count of 5

Breathe out for a count of 5

I usually do that because it slows everything down. Your mind gets so wrapped up in day to day life you're kind of along for the ride. It's nice to slow things down and just observe things sometimes.

Qwaiz - December 12, 2020, 3:28 am

I don't use specific technique just breathe 20 min in and out try to meditate 20 min a day.

If you meditate a 20 minutes a day for days or months it will change you.

siddy357 - December 12, 2020, 4:17 am

(Dec 11, 2020 02:35 PM)flyingduck Wrote: [\[CITE\]](#) hi everyone,

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Try the wim hof method it comes handy at times.

Yanix - December 12, 2020, 6:31 am

(Dec 12, 2020 05:17 AM)siddy357 Wrote: [\[CITE\]](#) Try the wim hof method it comes handy at times.

Whoa another techniques brother, great to hear different breathing techniques :D

armalite - December 12, 2020, 8:00 am

I'm 7 months into Hamon. Now I can fight off gay vampires. I highly recommend it to beginners.

Poet - December 12, 2020, 8:19 am

Inhale, exhale. That's it. Proven to extend lifespan to about two minutes compared to if you were not breathing.

Mr. Atlas - December 12, 2020, 8:46 am

when i can't sleep .. I use breathing techniques, breathe hard, hold my breath for 2 seconds and

breathe out slowly

Forensic - *December 12, 2020, 9:36 am*

(Dec 11, 2020 06:13 PM)flyingduck Wrote: [\[CITE\]](#) :) someone that knows.

go with guided ones to start off. youtube is a good resource.

Yes, I may indeed try that out.