

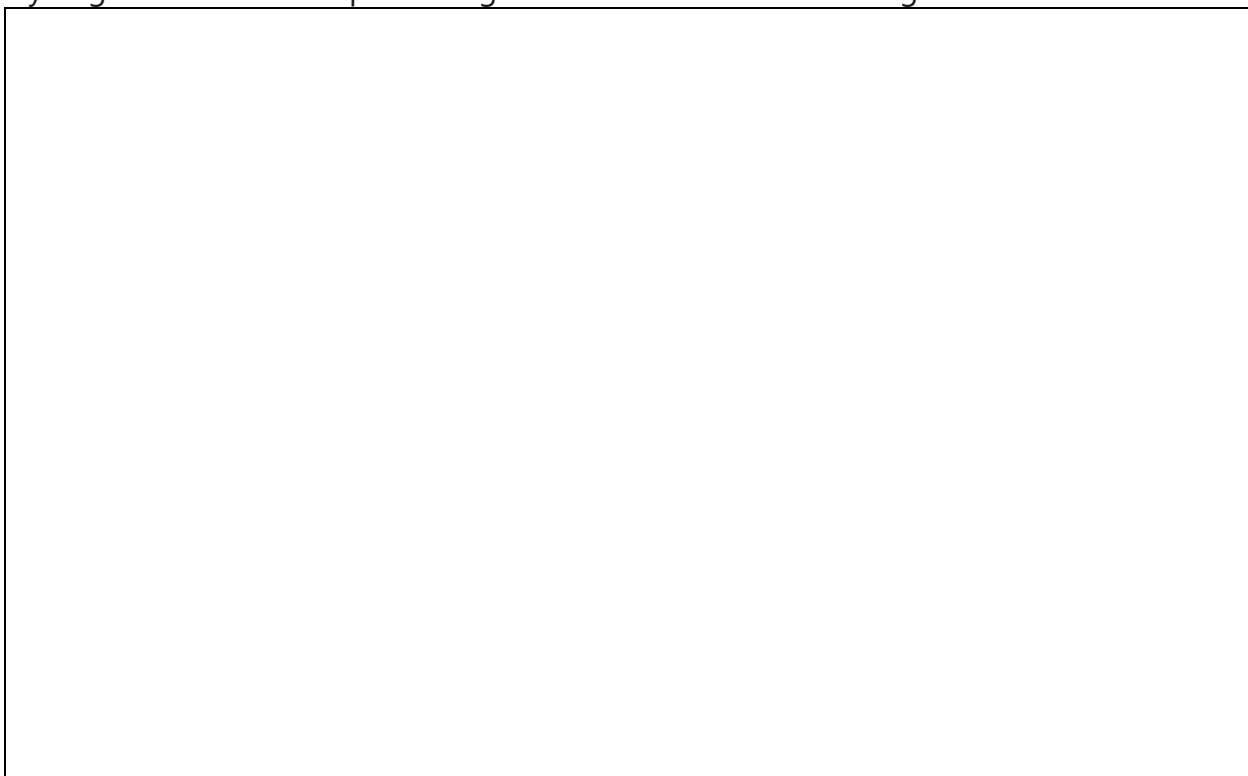
Healthy & Restricted Breathing Quiz

1. Which systems of the body are affected by breathing?

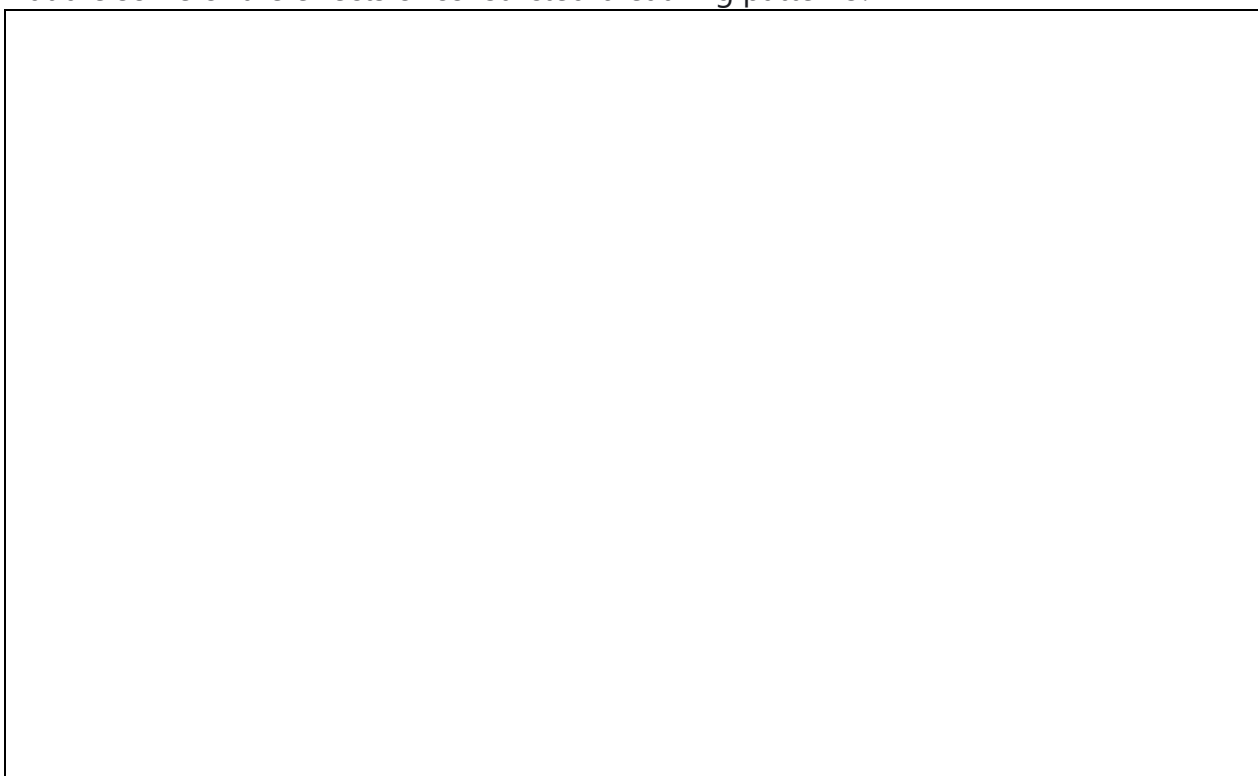
2. What is unique about the breath as part of the autonomic nervous system?

3. Describe research that shows the two-way connection between breath and emotions.

4. Why might students be experiencing restrictions to their breathing?



5. What are some of the effects of constricted breathing patterns?



6. Describe six ways that breath may be inhibited.

7. Describe reverse breathing and the potential causes and effects of this pattern.

8. Describe chest breathing and the potential effects of this pattern.

9. What is periodic breathing?