

The Role of Breathwork in Managing Anxiety and Achieving Emotional Balance

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Abstract: *Breathwork, a practice centered on intentional control of breathing patterns, has emerged as a powerful tool for managing anxiety and promoting emotional balance. Rooted in ancient traditions such as yoga and meditation, breathwork techniques, including diaphragmatic breathing, alternate nostril breathing, box breathing, and paced breathing, are increasingly recognized for their physiological and psychological benefits. By activating the parasympathetic nervous system, reducing cortisol levels, enhancing oxygen delivery, and fostering mindfulness, breathwork effectively counters the symptoms of anxiety and cultivates emotional stability. Research highlights its ability to reduce stress, enhance resilience, and promote positive emotional states, making it a valuable component of holistic mental health strategies. Accessible and adaptable, breathwork can be easily integrated into daily routines, offering individuals a practical means of achieving mental clarity and inner calm. This paper explores the mechanisms, benefits, and broader implications of breathwork, emphasizing its potential as a complementary approach to professional mental health care and its role in fostering overall well-being in an increasingly stressful world*

Keywords: Mindfulness, Stress Reduction, Parasympathetic Activation