

PASSAGE #6Deep Breaths

Many people find that taking slow deep breaths helps to quell anxiety and reduce feelings of stress. The reason why deep breathing is calming is due to the structure of the human nervous system. Two divisions of the body's nervous system are the parasympathetic and sympathetic nervous systems. Both the sympathetic and parasympathetic nervous systems allow people to feel differently depending on the state of the breath and body. The sympathetic nervous system, however, has the body respond to perceived threats with elevations in heart rate and respiration.

MISSING SENTENCE

Such relaxing breaths, in essence, help the body to remove a perceived threat, and the parasympathetic nervous system returns the heart rate and respiration back to a relaxed state.