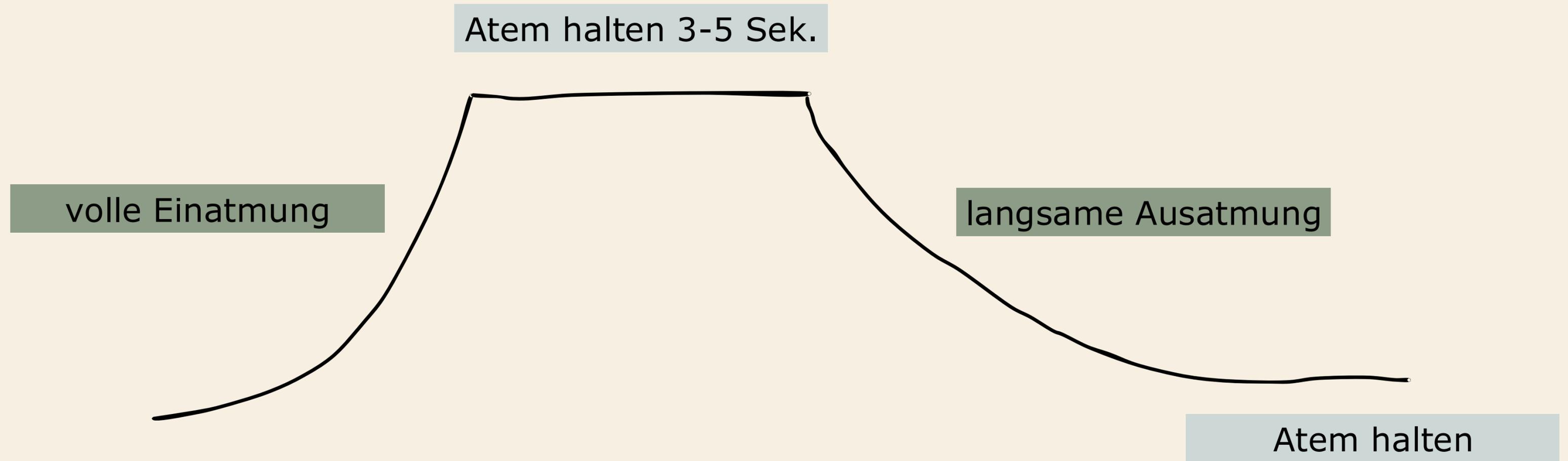


Resilienz aus physiologischer Perspektive: Die Schlüsselrolle der Atmung

Nationale Tagung für betriebliches Gesundheitsmanagement 2024
Mittwoch, 18. September 2024

Kilian Erbacher

Entspannung in 5 Minuten



- Atem Muster durchbrechen
- Alveolen öffnen
- Atem halten: Aktivierung Vagusnerv
- Langsame Ausatmung: Aktivierung Vagusnerv

Agenda

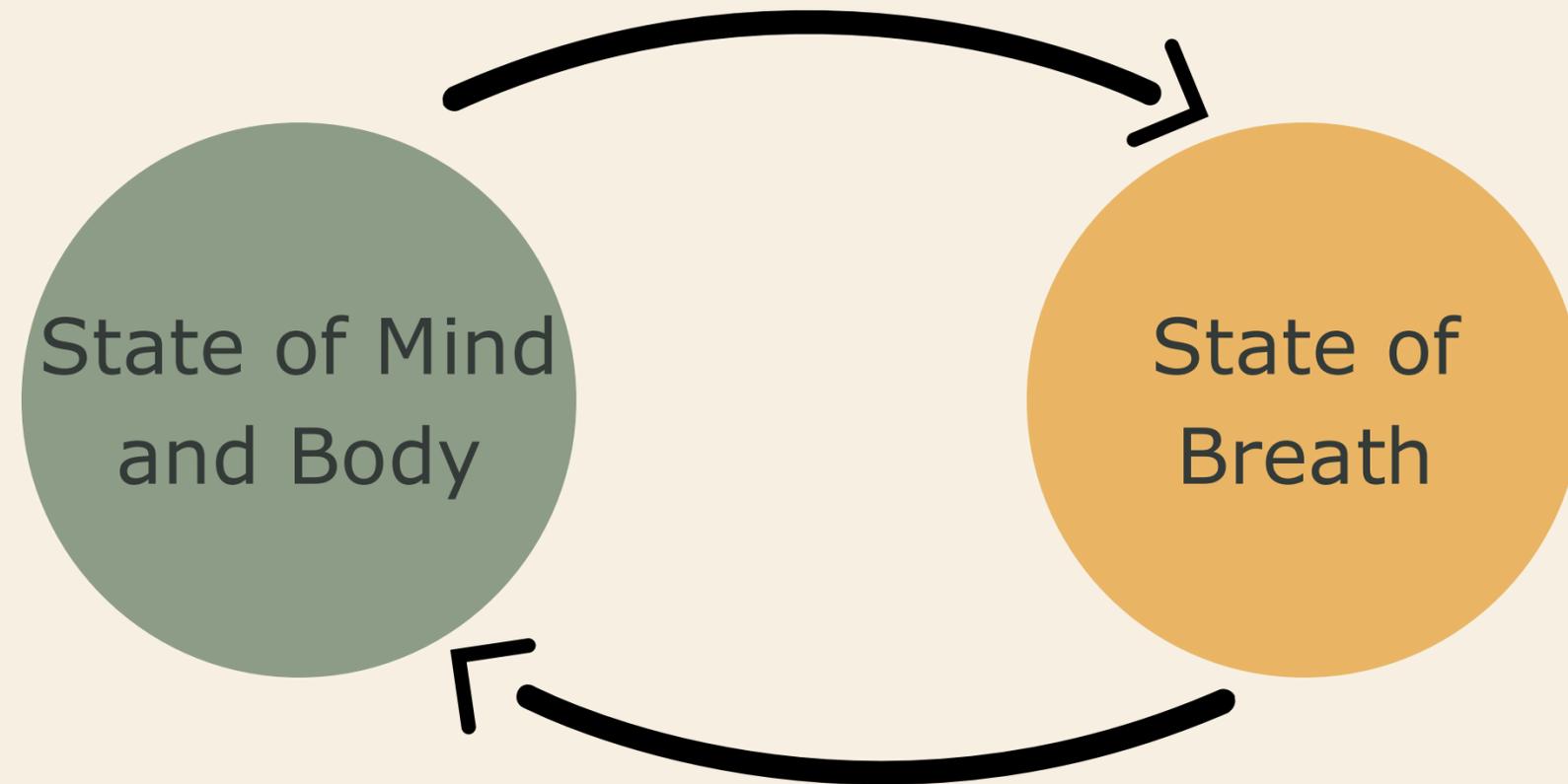
Definition
Breathwork

Resilienz aus
Perspektive des
Nervensystems

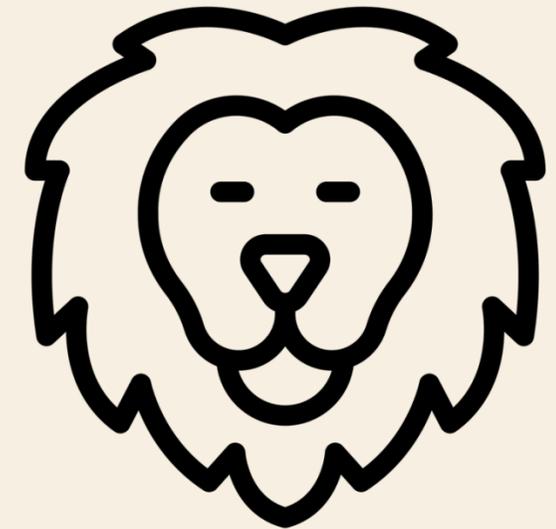
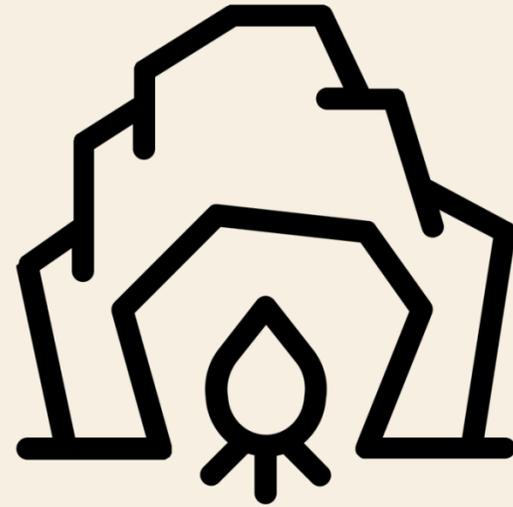
Zusammenhang
von Atmung und
Nervensystem

Abschluss &
Fragen

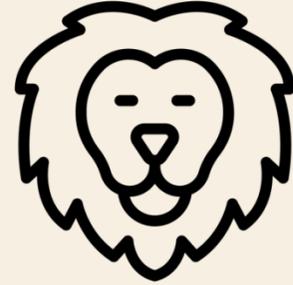
Definition Breathwork



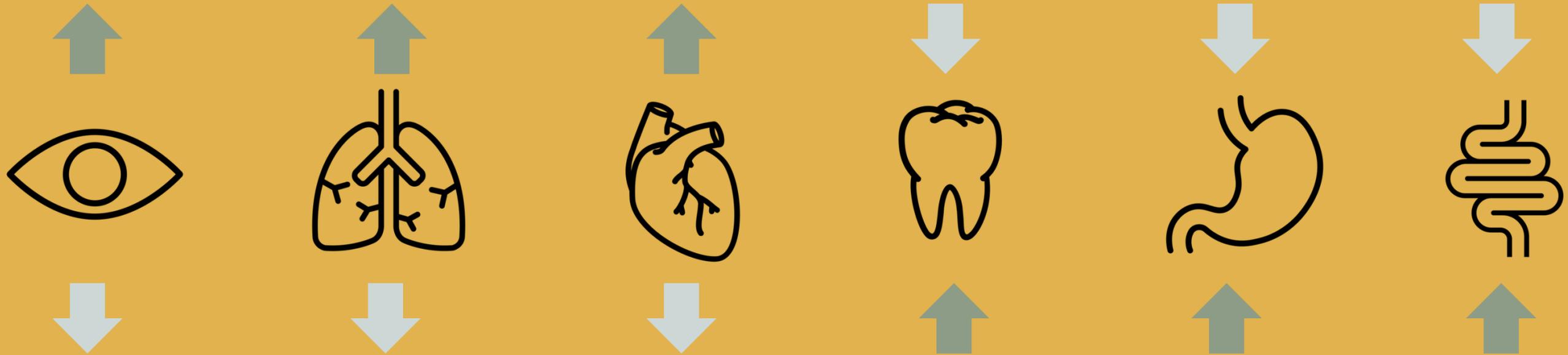
Evolution
des
Nervensystems



Nervensystem



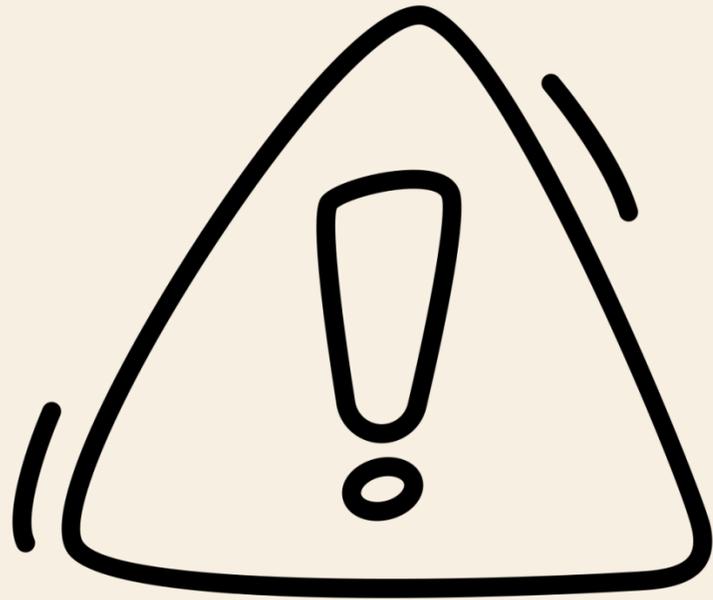
Sympathikus: Fight or Flight



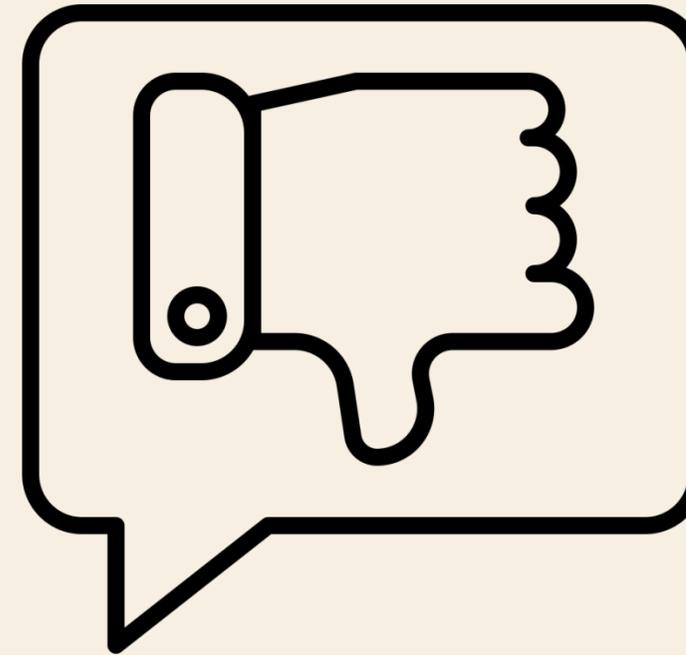
Parasympathikus: Rest and Digest



Wahrnehmung



sensitiv für
neue Inputs

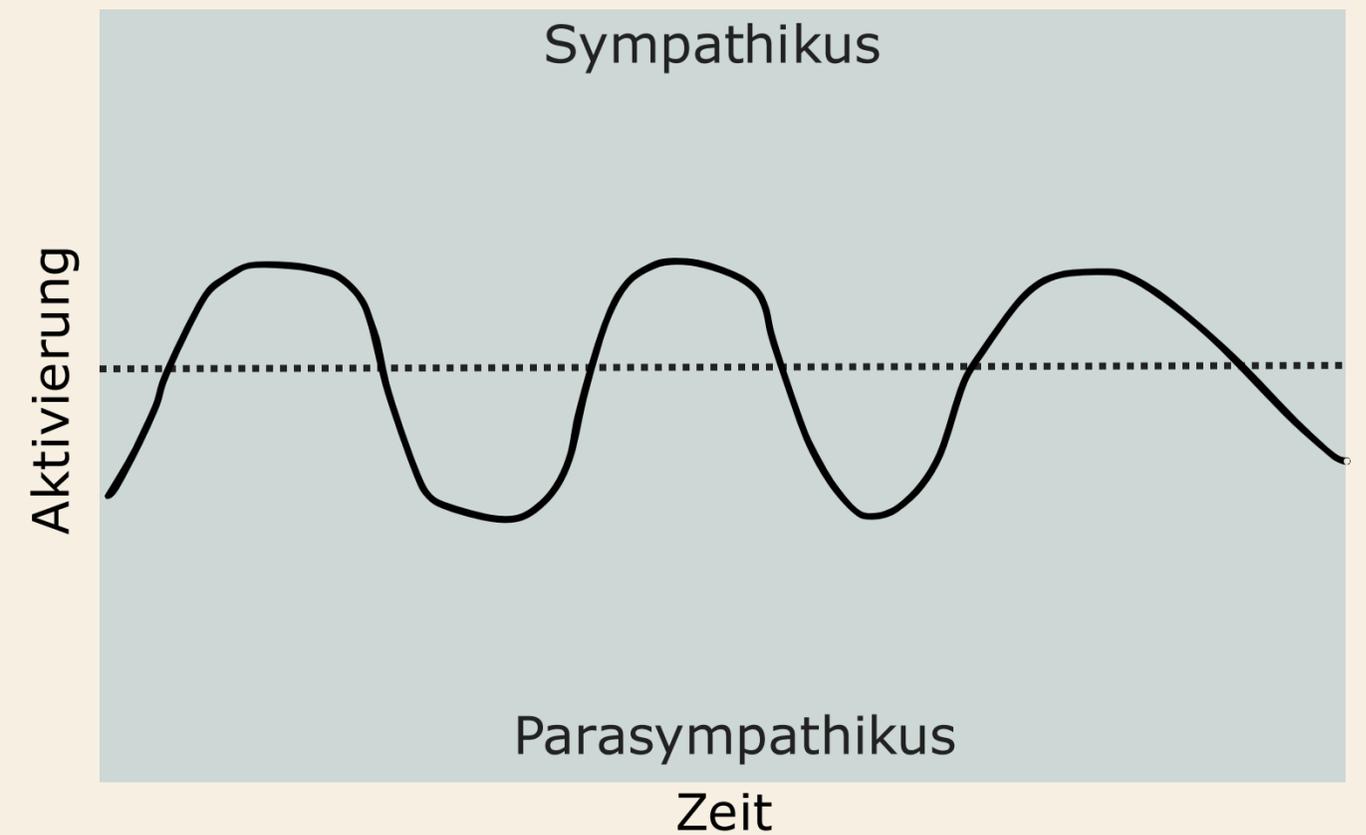
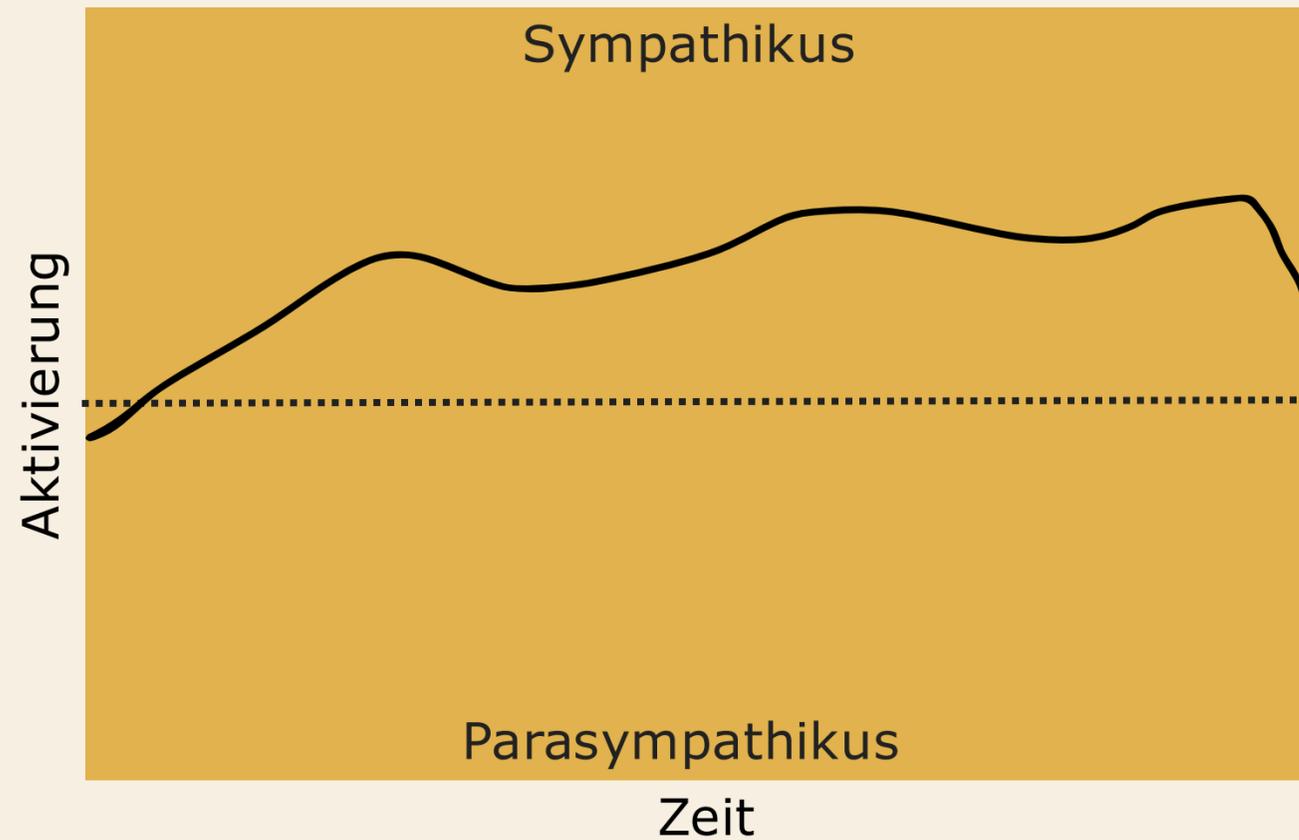


Bias
Negativität

Wie es oftmals ist...

vs.

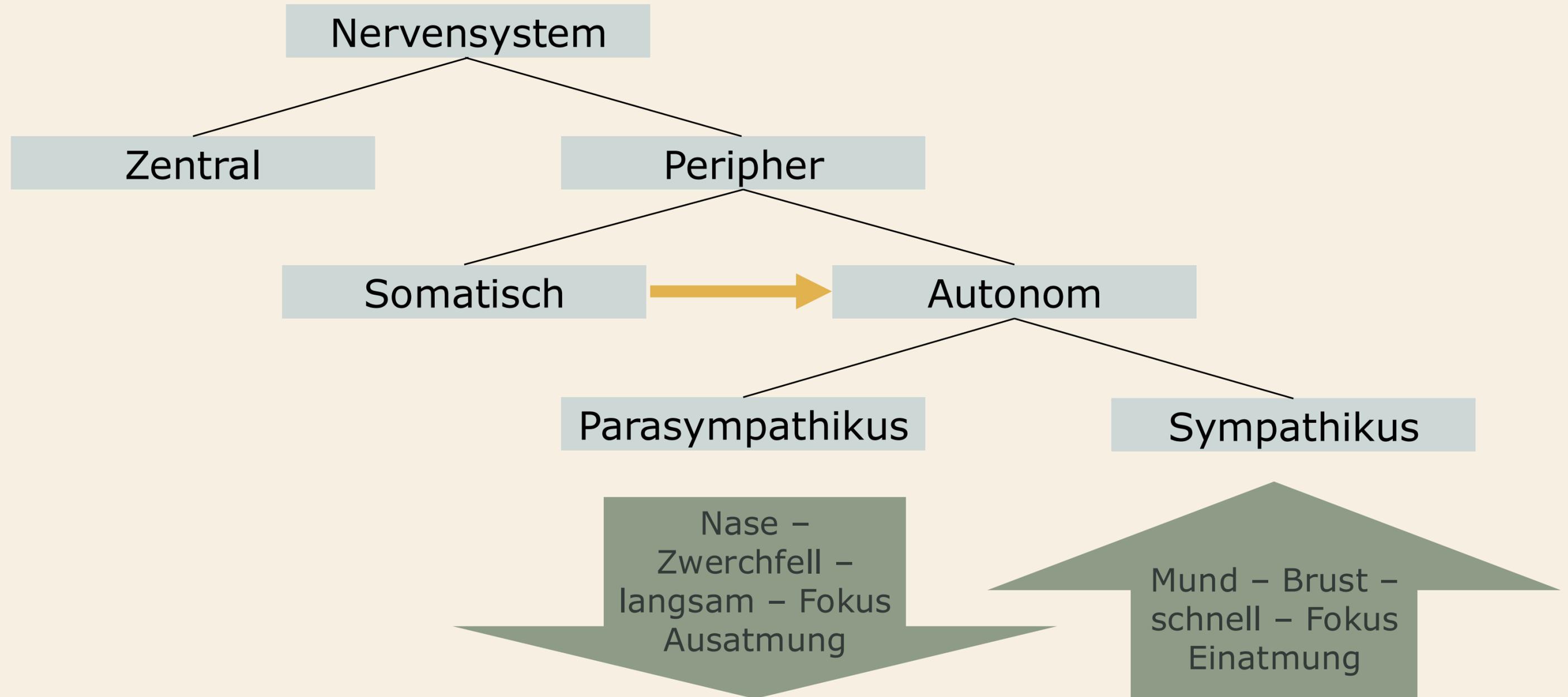
Wie es sein sollte....



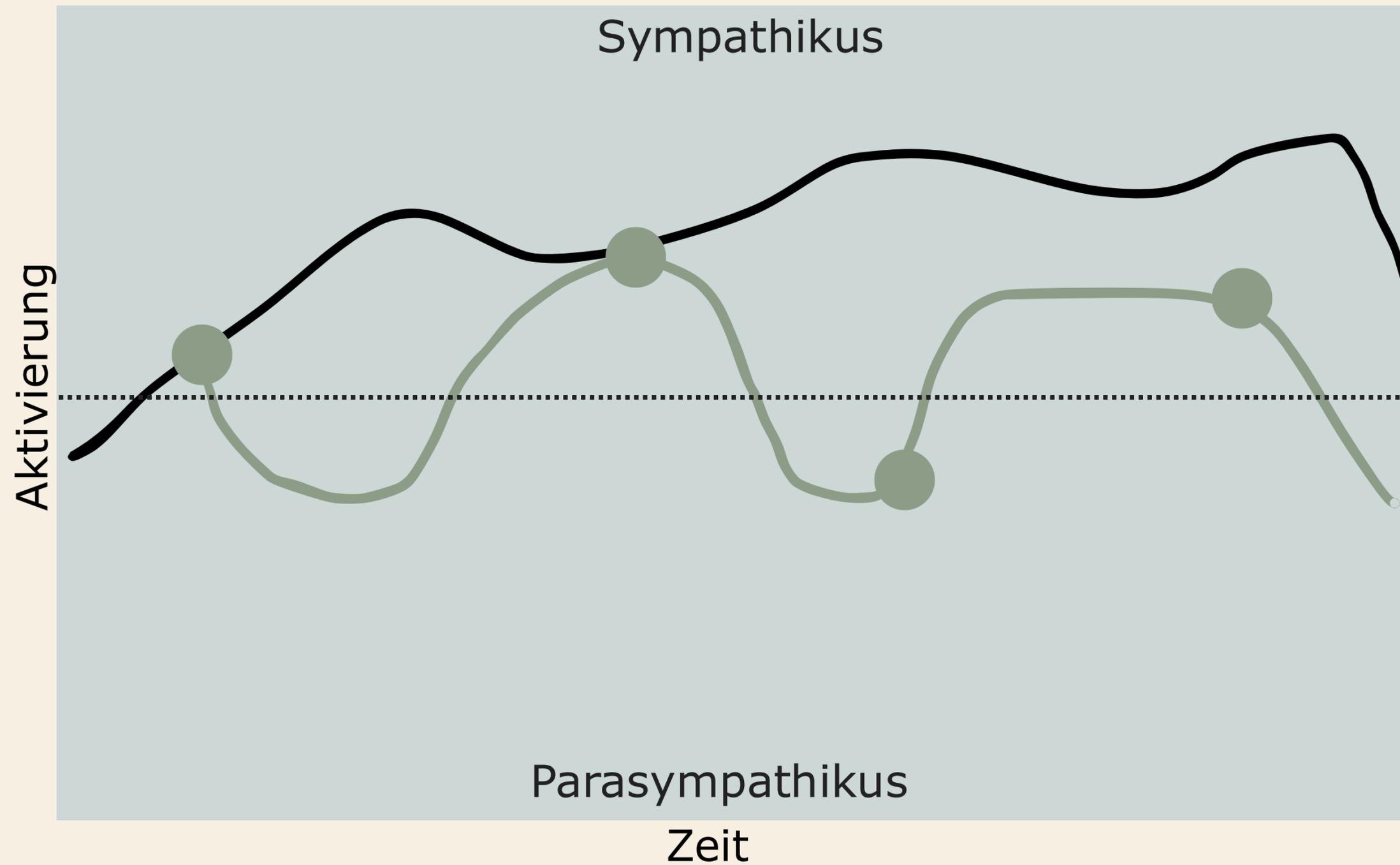
Resilienz aus Perspektive des Nervensystems

Die Fähigkeit selbstgesteuert, zielgerichtet und flexibel zwischen Zuständen von hoher und niedriger Aktivierung wechseln können.

Nervensystem und Atmung

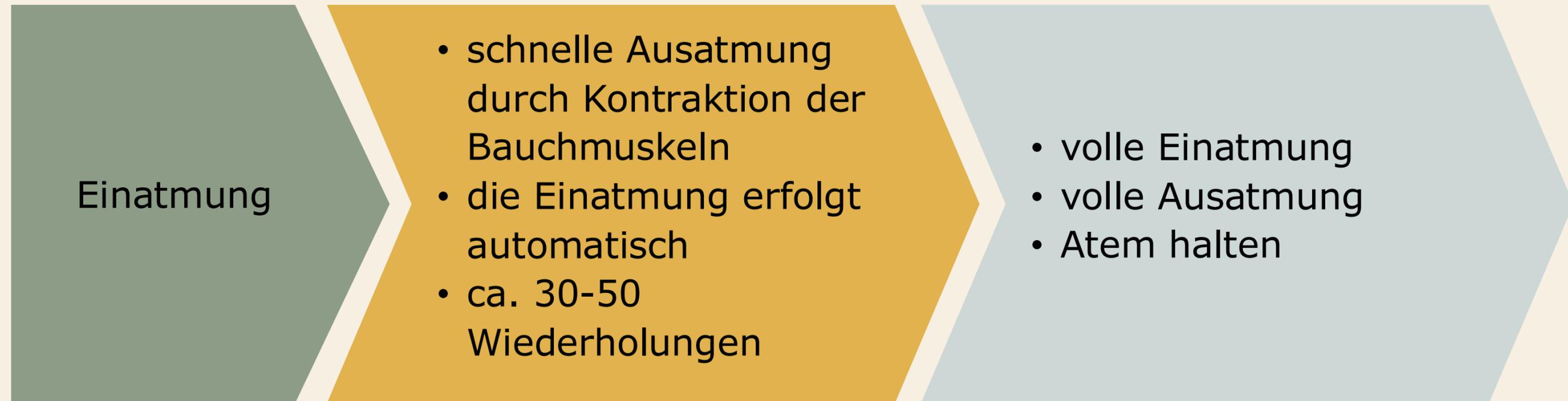


Individuelle Resilienz stärken



● = Intervention

Aktivierung in 5 Minuten



- Veränderung PH-Wert im Blut
- Erhöhung des Herzschlags und des Blutdrucks
- Freisetzung von Stresshormonen

Wissenschaftliche Erkenntnisse (1/2)

Deep breathing technique is capable to induce an effective **improvement in mood and stress** both in terms of self-reported evaluations and objective parameters such as heart rate and salivary cortisol.

Perciavalle, Blandini, Fecarotta et al. (2017)

Neurol Sciences

Deep breathing Meditation effectively **reduces test anxiety, nervousness, self-doubt and concentration loss** in medical students, offering a promising **solution for coping with challenging academic and professional situations.**

Paul, Elam & Verhulst (2007)

Teaching and Learning in Medicine

Wissenschaftliche Erkenntnisse (2/2)

Both 7-minute breathing and meditation practices effectively **reduce perceived stress and improve active emotion, serenity, anxiety and fatigue during micro breaks.**

Sun, Tong, Qi et al. (2023)

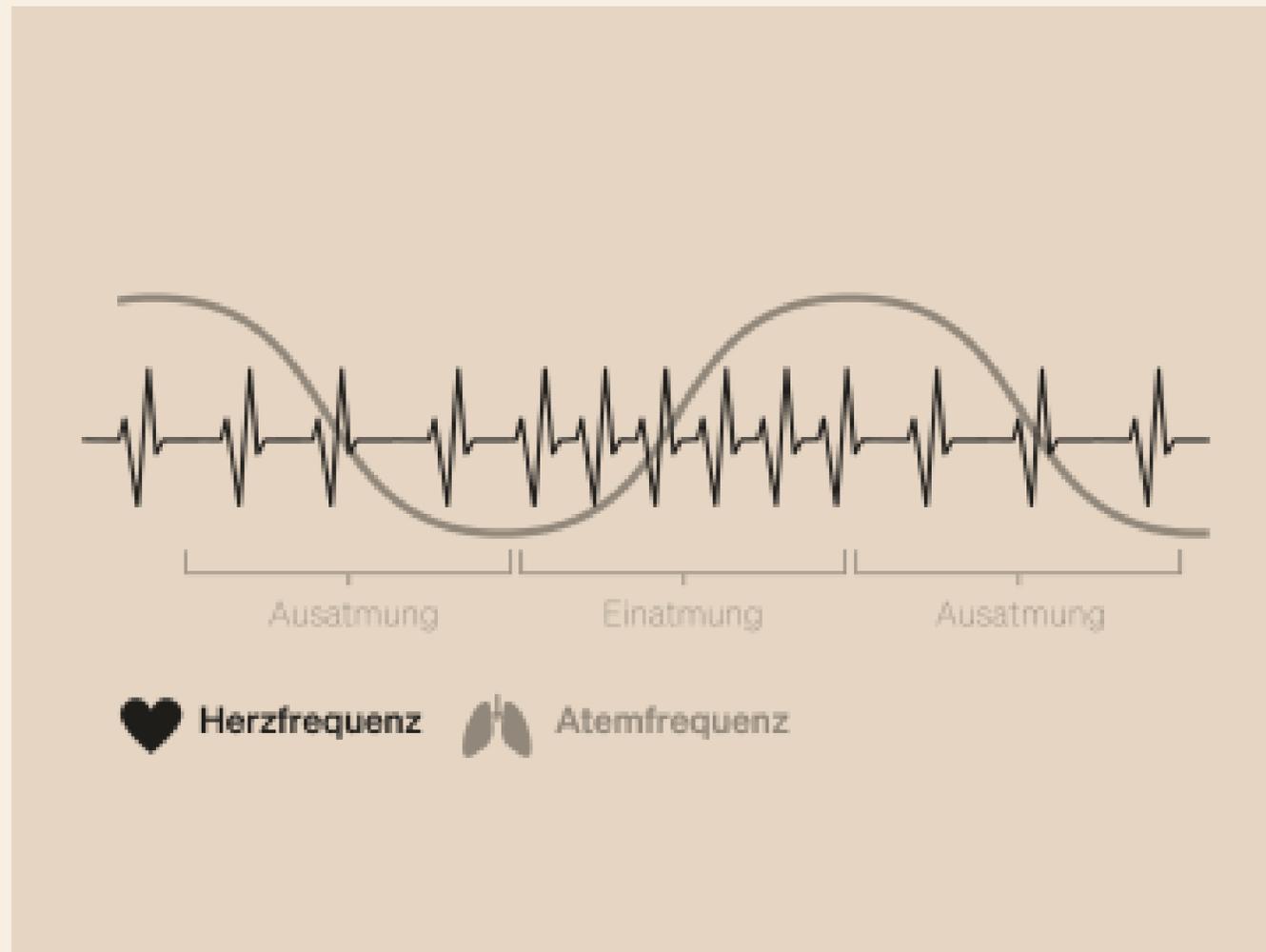
PsyCH journal

Using a mixed-effects model, we show that breathwork, especially the exhale-focused **cyclic sighing, produces greater improvement in mood and reduction in respiratory rate compared with mindfulness meditation.** Daily 5-min cyclic sighing has promise as an **effective stress management exercise.**

Balban, Melis, Yilmaz et al. (2023)

Cell Reports Medicine

Kohärentes Atmen



- 5 Sekunden einatmen
5 Sekunden ausatmen
- Aktivierung Vagusnerv
- Steigerung der Herzratenvariabilität (HRV)

Herzlichen Dank

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