

# Breathwork Practices to Support Well Being and Focus in Students with Special Educational Needs

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## 1 INTRODUCTION

Institutions such as schools, governments, hospitals, churches, and the media offer countless guidelines and rules aimed at promoting wellbeing. Notably, the modern concept of wellness goes beyond physical health to also encompass psychological, social, and environmental aspects that support a holistic sense of wellbeing. Today, being “well” means striving for balance in body, mind, and community.

## 4 BENEFITS

Activatory breathing techniques, such as high-frequency breathing, right nostril breathing, and kapalabhati, have been shown to enhance attention, focus, and reaction time by stimulating the sympathetic nervous system and increasing intra- and inter-hemispheric theta coherence. These practices, especially right nostril breathing, promote alertness through controlled hyperventilation and carbon removal, offering greater attentional benefits than passive breathing methods.

## 2 HOW IT WORKS

A child’s airway condition and breathing habits are vital to their overall development and wellbeing. These factors can significantly impact not only physical health, facial structure, and posture, but also cognitive growth and functioning. When respiratory health is compromised or when dysfunctional and improper breathing patterns are present, they often contribute to chronic health issues, creating a harmful cycle that raises the likelihood of related disorders. In particular, mouth breathing, disordered breathing patterns, and sleep-related breathing problems have been linked to negative effects on cognitive performance.

## 5 CONCLUSIONS

In conclusion, the effectiveness of breathing exercises depends on matching the technique to the specific needs of the individual, taking into account factors such as rhythm, intensity, and oxygen levels. When properly selected, practices like slow-paced, low-oxygen, or nostril breathing can support relaxation, enhance cognitive functions, and even help prevent neurocognitive decline.

## 3 WHY ?

Breathing patterns reveal more than just the condition of the respiratory and biomechanical systems—they also indicate one’s current cognitive state. An abnormal breathing pattern may be an early indicator of mechanical, physiological, psychological, or cognitive issues.

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