

# BURNOUT TO BREATHING

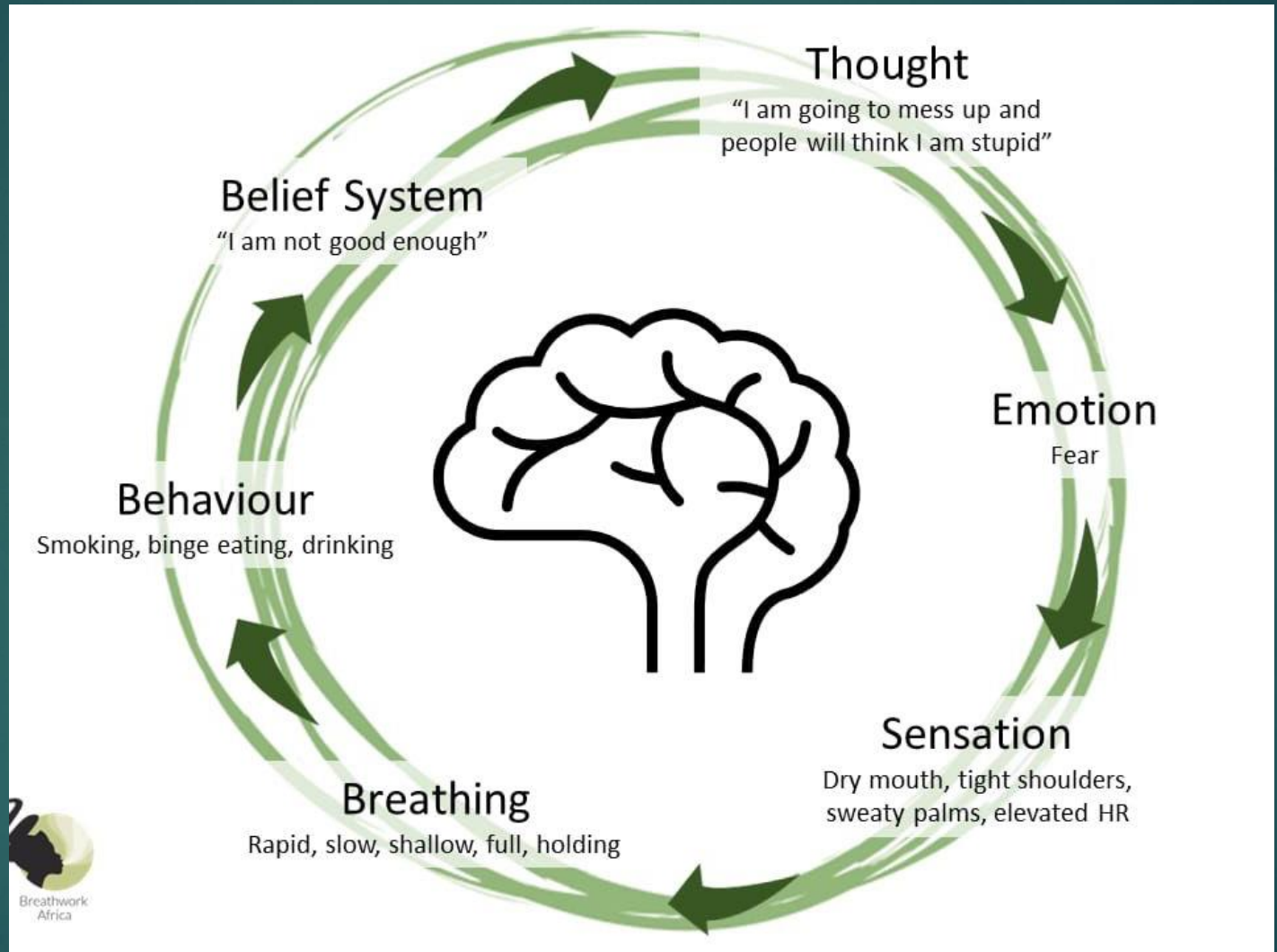
The Art of Energy Management



Breathwork  
Africa

Dr Ela Manga

Breathwork Africa



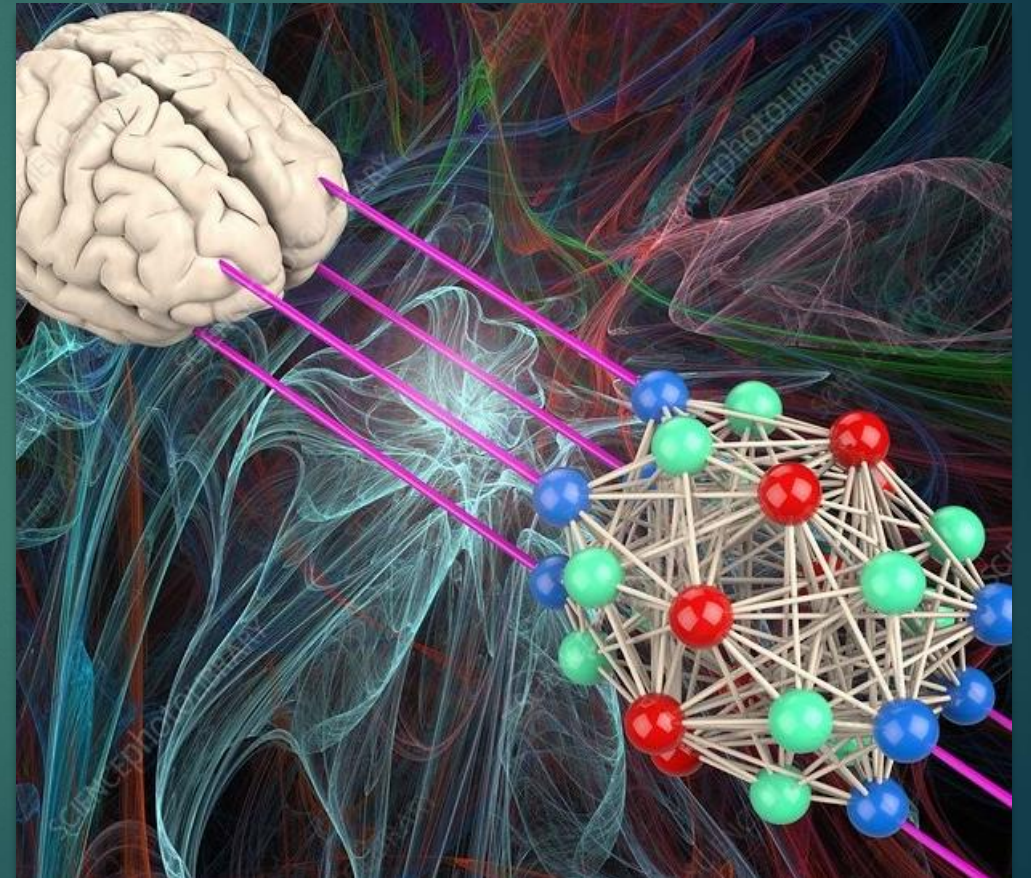






# Intention for today:

- Understanding the science of energy management
- Tools to recalibrate the nervous system
- Harness the art and science of conscious breathing



# Breath awareness



**BODY**

**MIND**

**HEART**

**BEHAVIOUR**

**BREATH**

Tipping Point to Burnout Zone

**DANGER ZONE**  
Fight/ Flight

↑ Heart Rate + BP  
Digestive disorders  
Muscle tension

Multitasking  
Difficulty switching off  
Racing thoughts

Irritability  
Frustration  
Anxiety

Control  
Perfectionism  
Overwork  
Aggression

Rapid breathing  
Weak diaphragm  
Mouth breathing

**OPTIMUM ZONE**  
Flow

Robust immunity  
Optimum gut health  
Restorative Sleep  
Vital energy

Self aware  
Open minded  
Present  
Focused  
Inspired

Empathy  
Emotional intelligence  
Self worth  
Trust in life

Healthy boundaries  
Conscious recovery loops  
Creative expression

Nasal  
Low and slow  
Adaptable

**DANGER ZONE**  
Freeze

Constant fatigue  
↑ Pain threshold  
↓ Metabolism

↓ Memory recall  
↓ Motivation  
↓ Concentration & focus  
↑ Light & Sound  
Sensitivity

Lack of meaning  
Hopeless  
Depressed

Procrastination  
Numbing  
Passive aggression  
Disconnection

Shallow breathing  
Unconscious breath holding

Tipping Point to Burnout Zone

**ENERGY ZONE MAP**

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# Pillars of functional Breathing ( Breath Intelligence)



Restore Nasal Breathing  
Identify causes and correct  
cause of mouth breathing



Diaphragmatic breathing  
Rehabilitate diaphragmatic  
function



Build CO2 tolerance





A close-up photograph of a dog's face, likely a beagle, with a white muzzle mask covering its snout and mouth. The dog's eyes are visible, and its tongue is slightly out. The background is a plain, light color.

# Nasal Breathing

More than 30 functions

Regulates O<sub>2</sub>/CO<sub>2</sub> balance

Prevents over-breathing

## **Impacted by:**

Facial structure

Habit

Chronic stress

Talking



# Diaphragmatic Breathing

An anatomical illustration of the human torso, showing the internal organs and skeletal structure in a semi-transparent grey. The diaphragm, a large, dome-shaped muscle that separates the chest and abdominal cavities, is highlighted in a solid red color. The title 'Diaphragmatic Breathing' is centered at the top in white text.

- Primary breathing muscle
- Central connector of connective tissue web
- Stabilises spine
- Improves digestion, lymphatic flow
- Creates coherence with heart rhythms and autonomic system nervous system (HRV)

## **Impacted by:**

- Posture: sitting, carrying heavy bags
- Stress
- Clothing
- Technology

# Shallow-Hard vs Deep-Soft

Which type of breathing would give you a better support to sing?

**Chest Breathing**



**Diaphragmatic Breathing**



 MENU

# CO<sub>2</sub> tolerance

- CO<sub>2</sub> is not just a waste product
- Vasodilator
- Bronchodilator
- Initiates breathing
- Needed for cellular respiration

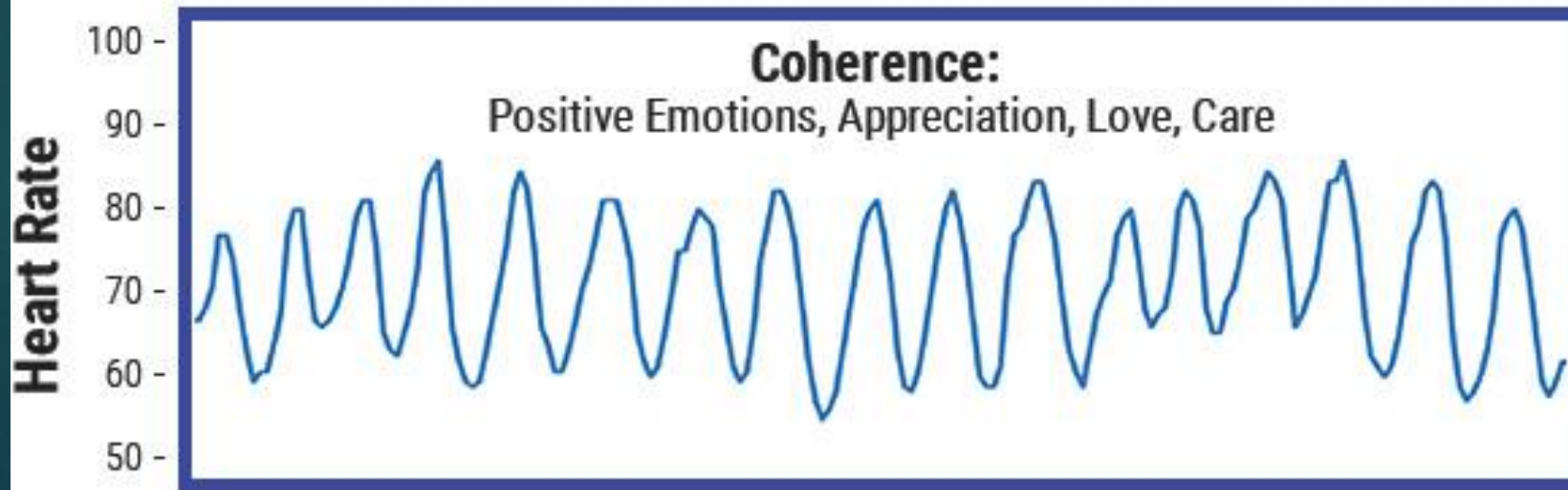




# Heart-Rhythm Patterns



**Impairs  
Performance  
(Incoherence)**



**Promotes Optimal  
Performance  
(Coherence)**

Time



# Conscious Breathing

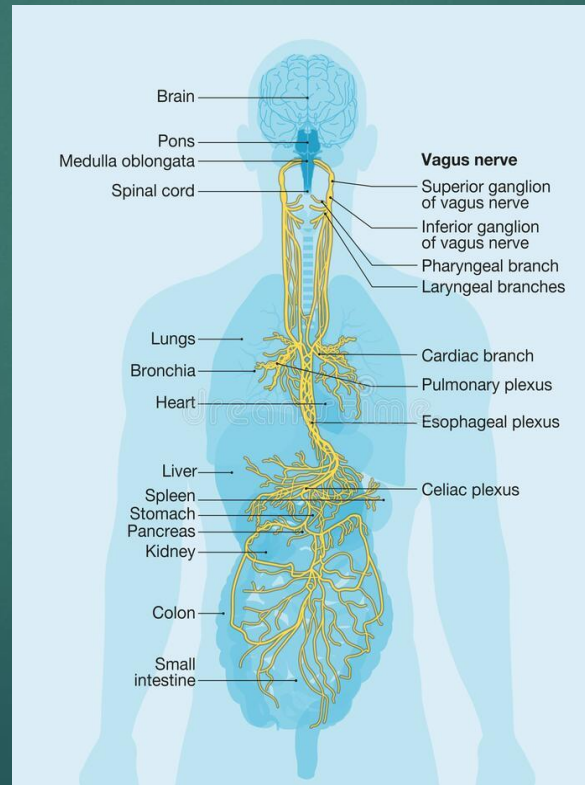
**Transforming an autonomic function to breathing with intention and attention to:**

- Affect immediate and sustainable changes to nervous system
- Support emotional regulation
- Support conscious communication
- Performance on sports field and stage and creative expression



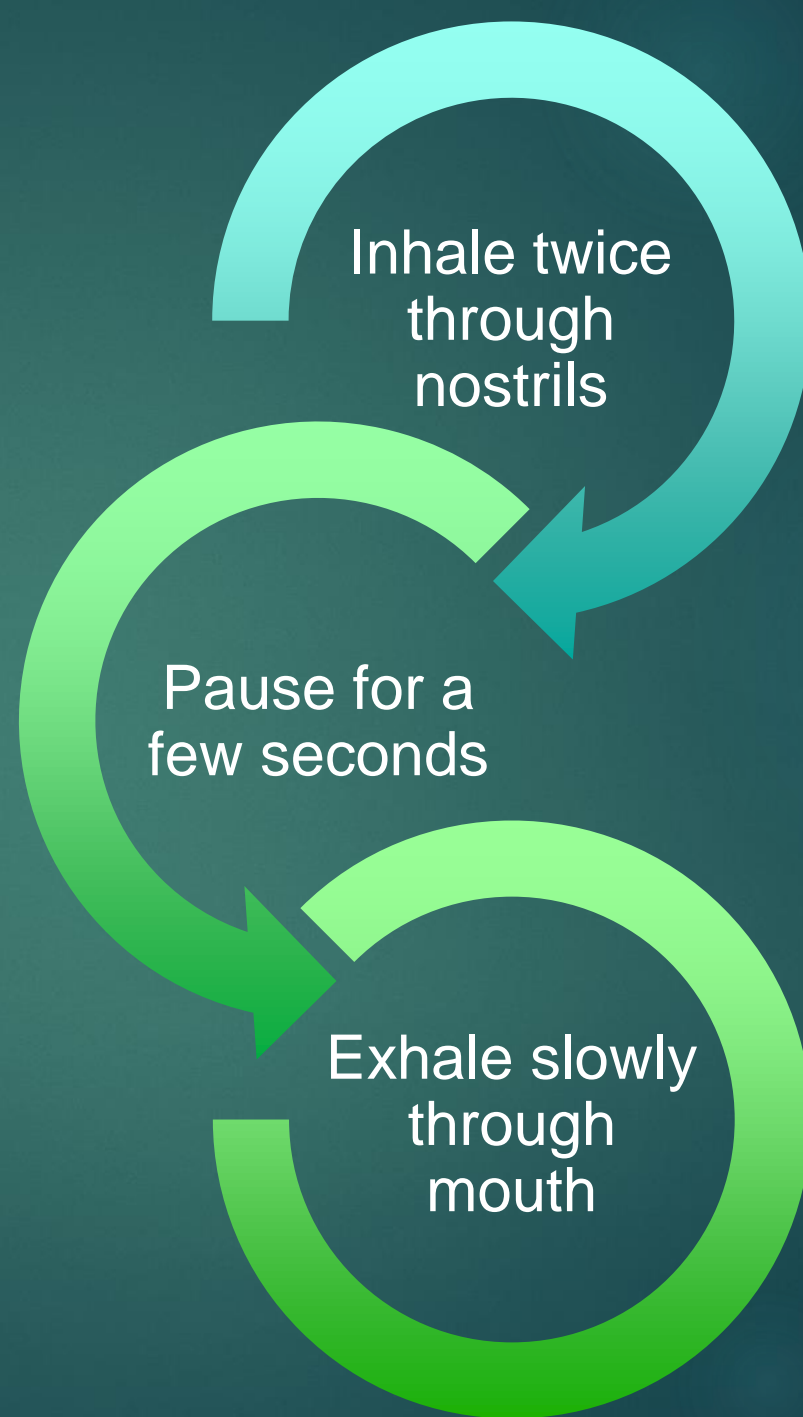
# 1. Safety

Conscious breathing shifts the nervous system from a state of threat to state of safety through the vagus nerve complex





# Grounding Breath



## 2. Rhythms of Rest and Attention

Using breathing as recovery loops



## Balancing Breath

Through the nose

Inhale 5 seconds - Exhale 5 seconds

**5 minutes**

**3 times a day**





# 3. Emotional Expression & Regulation

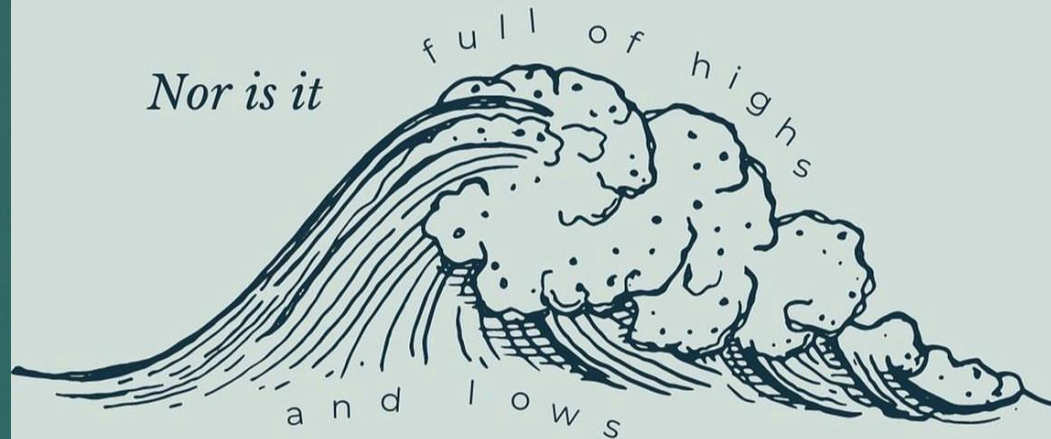


*A regulated nervous system is not*



always calm

*Nor is it*



*But it is*



being able to ride the waves of stress  
and return to balance with ease

# Questions and Reflections





“ A new world is not  
only possible, she is on  
her way. On a quiet  
day, I can hear her  
breathing”  
- Arundhati Roy



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