



Biohacking Happiness: The Science of Breathing and Emotion Regulation

Dara Ghahremani, PhD

Department of Psychiatry & Biobehavioral Sciences
Semel Institute for Neuroscience & Human Behavior
University of California, Los Angeles



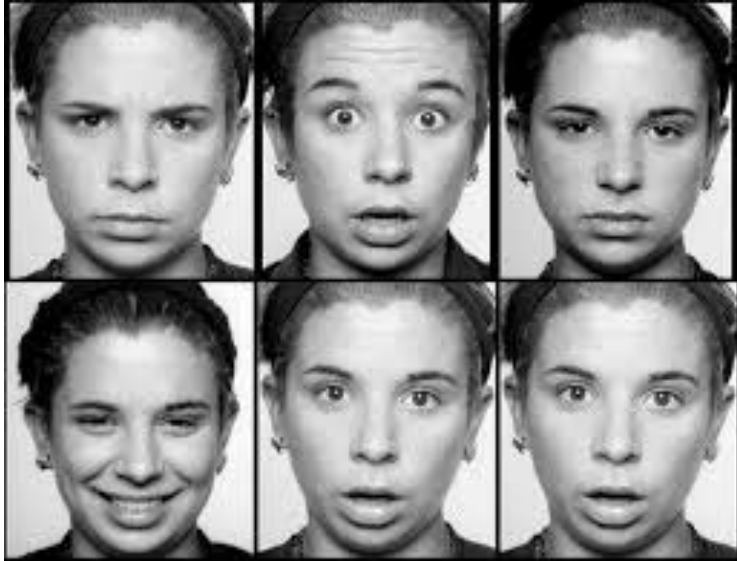
David Geffen
School of Medicine



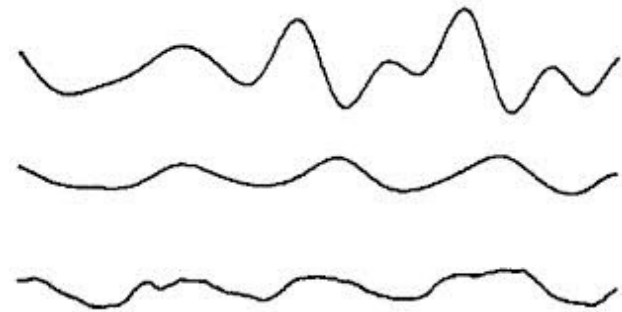
How do we typically deal with stress?

Emotions & the breath

1) Direct link between emotion and breath

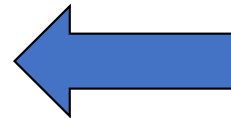
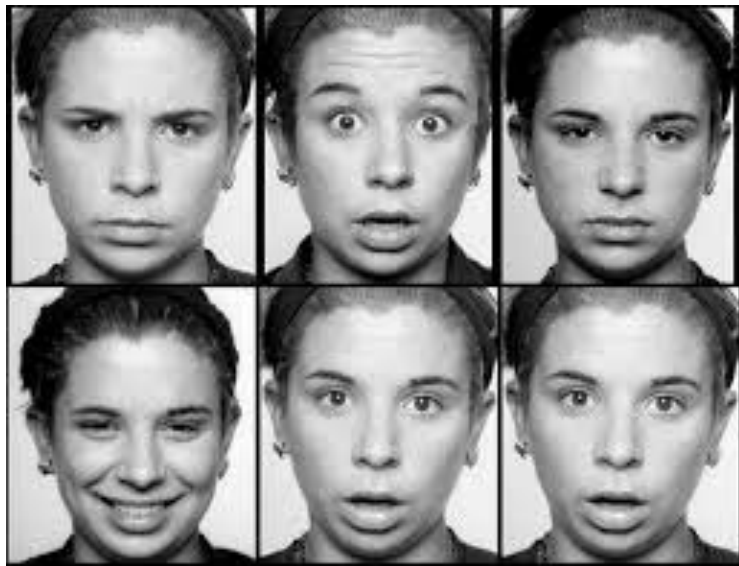


BREATH

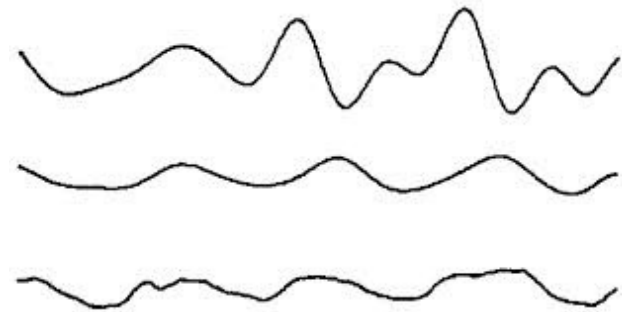


Emotions & the breath

- 1) Direct link between emotion and breath
- 2) Direct link between breath and emotion

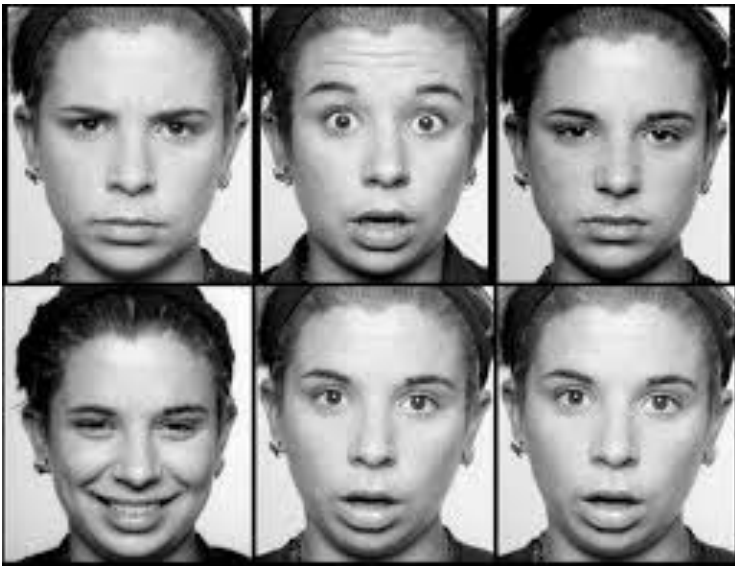


BREATH

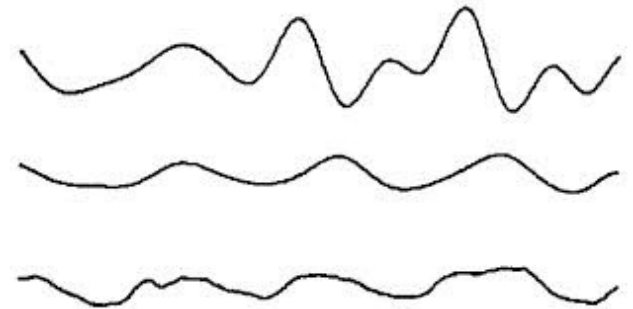


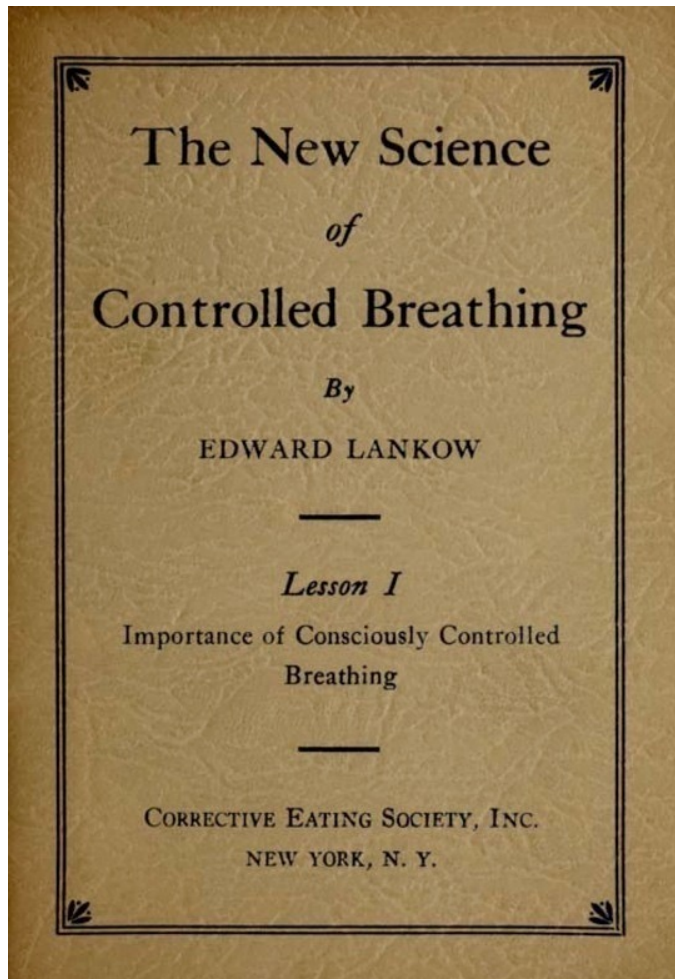
Emotions & the breath

- 1) Direct link between emotion and breath
- 2) Direct link between breath and emotion
- 3) A “two-way street” between emotions and breath

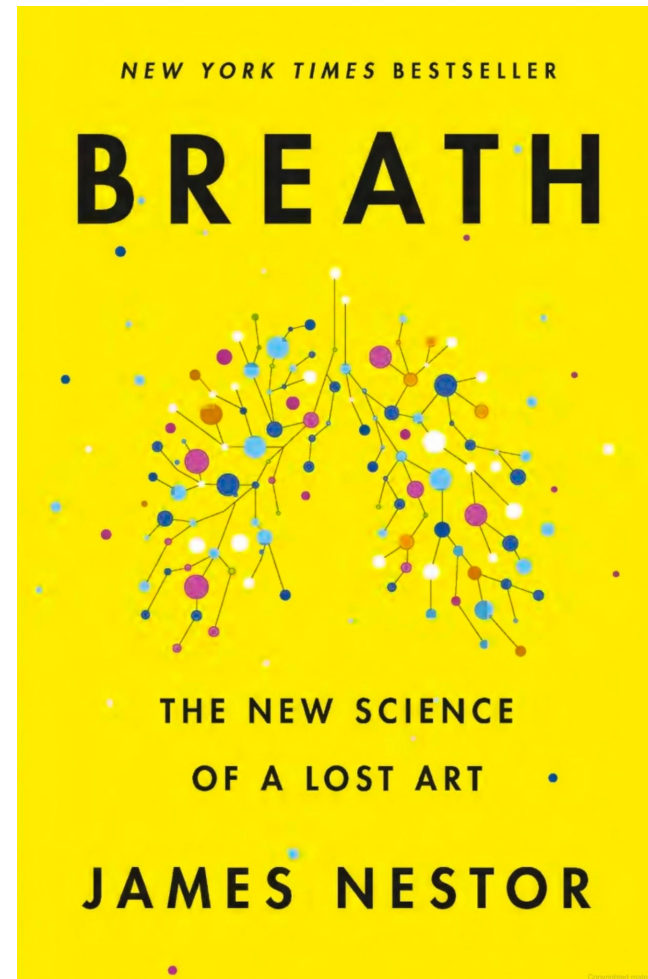


BREATH



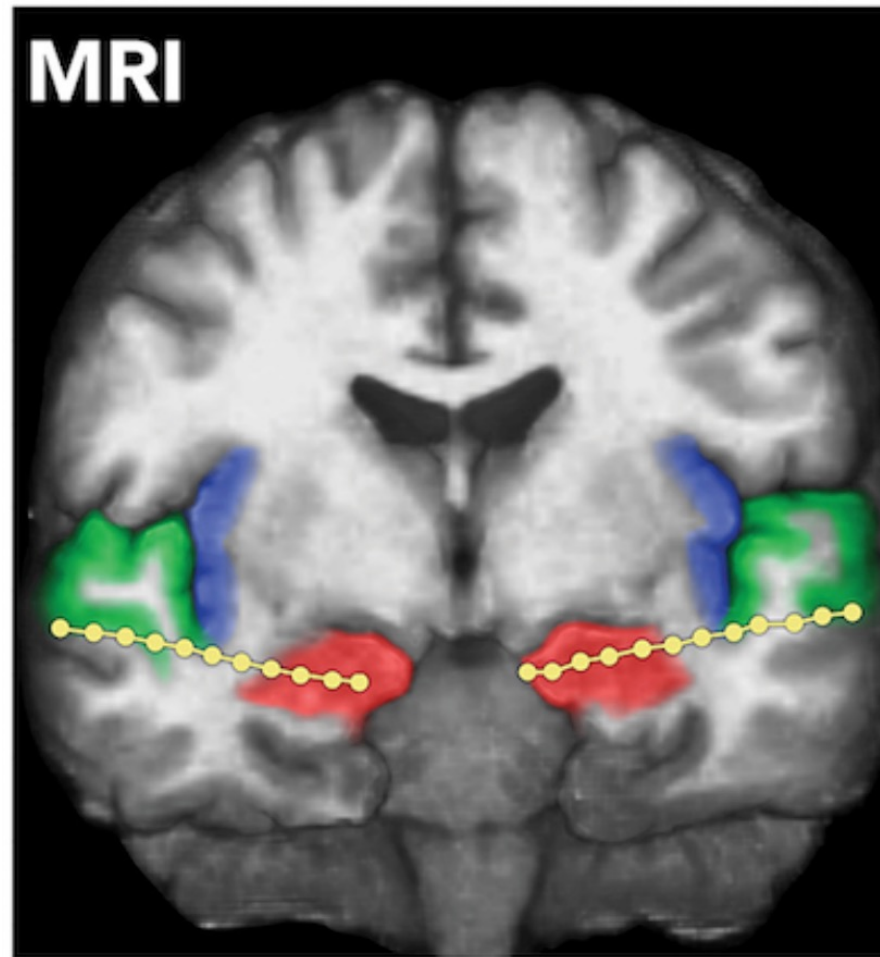


1920



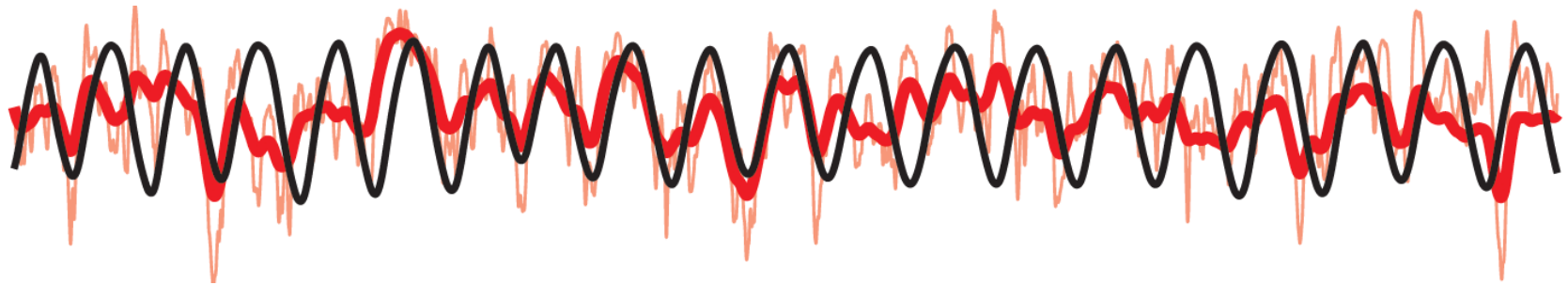
2020

How does controlling the breath affect brain activity?

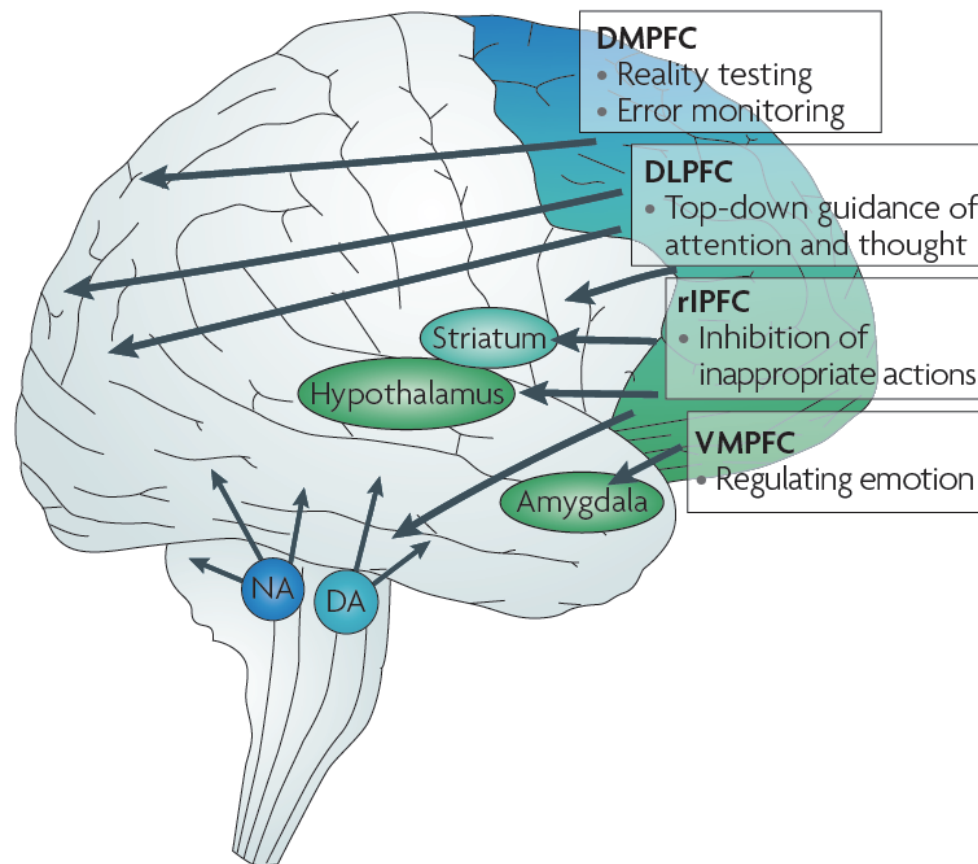


Breathing & brain activity are synchronized

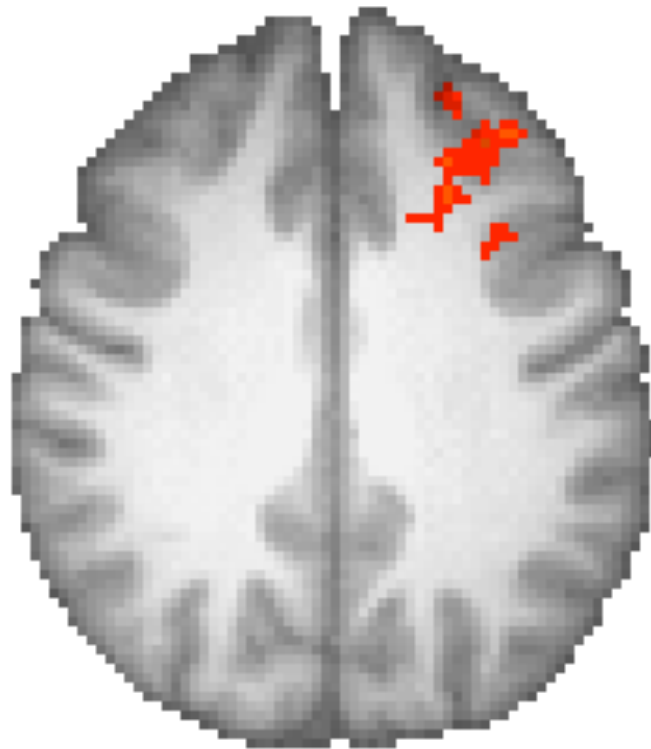
And more so when we control our breath



How does SKY breathwork affect prefrontal cortex during emotion regulation?



Effects of SKY breathing on Prefrontal Cortex during Emotion Regulation



(Cluster-corrected, $Z > 2.3$, $P < 0.05$)



SKY Happiness Workshop for UCLA Medical Students



reduced anxiety and improved sleep quality in participants

Sept. 2019

Thank you!



Contact: darag@ucla.edu