



Alicja Heyda PhD: Breathwork as a Psychosomatic Boost and a Self-help Tool for Cancer Patients



Alicja Heyda, MA, is a psychotherapist, psychologist, psycho-oncologist, breathwork practitioner, and researcher working at the Curie Memorial Institute in Poland since 2000. In her psychotherapy practice, she focuses mainly on bodywork, breathwork, and integrative psychotherapy, treating mood disorders, psychosomatic and somatoform disorders, supporting recovery and adaptation in chronic and auto-aggressive diseases. Find out more on how coherent breathwork can help patients during various stages of treatment and diagnosis.

TOP EMBODIMENT TIP: Every single minute of exercise which is done regularly is more precious than one long session once a month. Please practice everywhere.

Coherent Breathing For Patients: **Oncology Patients Are Supported Through Treatment With Breathwork.**

- Breathwork frees emotional expression and can help with claustrophobia, nausea, anxiety and panic disorders.
- Patients should share freely what they need to share during various stages of diagnosis and treatment.
- Treatment is a time to be self-centred, to look after yourself, to surround yourself with love.
- Mindfulness is also essential to focus on yourself and remove distractions from your environment.

Support For Breathwork: **Stimulating The Parasympathetic Nervous System.**

- Breathwork, known for centuries, and researched during the last 20 years, has helped us to explain why it works.
- Emotions and breathing patterns are dependent on our nervous system. Slow breathing activates our parasympathetic nervous systems. We use our whole body to breath.
- Breathing can activate Natural Killer (NK) cells and hack into our psychosomatic network.

Patient Experiences: **(Warning - Contains Some Triggering Material With Patients' Stories.)**

- Alicja shares examples of various patients' journeys through cancer treatment and how breathwork helped them with treatment, anxiety, self-love, self-confidence, and overall calm.
- Conscious breathing is love. It is empowering. It provides a feeling of safety and reconnects the mind.

Research: **Evidence-based Research Of Breast Cancer Patients And The Benefits Of Breathwork.**

Resources:

- ❖ **Facebook:** [@alicjaheydaphd](#)
- ❖ **Articles:** [Research Gate](#)
- ❖ **Youtube:** [@alicjaheyda](#)
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Alicja Heyda





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