

Peer Perspectives & Connections: Breathing Workshop

April 17, 2025

Announcements

- Subscribe for Zoom recaps, updates, and invitations for future events.
 - <https://batemanhornecenter.org/outreach/newsletter/>
- Actively Recruiting Clinical Trials: [Bateman Horne Center Research](#)
- Peer Perspectives & Connections is open for presenters. Email outreach@batemanhornecenter.org if you are interested in presenting to the BHC community.

Peer Perspectives & Connections topics are selected by the lived-experience presenter. Comments and questions from participants do not necessarily reflect BHC guidance or endorsement.

Jackie Baxter and Vikki Jones are lived-experience community members who volunteered to present on modified breathing exercises for people with ME/CFS and Long COVID. They provided the following information for this recap. **It has not been altered by the Bateman Horne Center.**

[Access presentation slides here.](#)

“No matter what we eat, how much we exercise, how resilient our genes, how skinny or young or wise we are none of it will matter unless we breathing correctly. That is what these researchers discovered. The missing pillar in health is breath. It all starts there”~ James Nestor (author of “Breath”)

Our mission

- To teach people with Long Covid & ME/CFS to breathe functionally in a way that is safe for their bodies, through the understanding of what it feels like to experience one of these conditions. Having a breath for every situation.

- Building a foundation for recovery & gaining some control over symptoms, body function, energy & sleep.

Breath practise

Starting with gentle & grounded breath awareness practise, bringing attention to the breath and starting to draw the breath lower into the body, emphasizing the importance of listening to one's body and being in control.

Breathing for Health and Recovery

Explanation of how breathing can affect other body processes and help regulate the nervous system. The breath being the one process that we can learn to have control over, positively impacting all other body processes.

Functional Breathing for recovery

Jackie and Vikki discuss the importance of functional breathing and its benefits for people with conditions like Long Covid, ME/CFS, and brain fog. They discuss how to identify dysfunctional breathing patterns and explain that they can waste energy and exacerbate symptoms, upregulating the nervous system. Functional breathing through the nose and into the diaphragm can help calm the nervous system, reduce symptoms, increase oxygen uptake and support recovery.

The speakers guide participants through a diaphragmatic breathing exercise, emphasizing the power of breath to quickly change the body's biochemistry and promote relaxation. They conclude by expressing gratitude for being able to teach these techniques and support others in their recovery journey.

Breathing Techniques and Their Benefits - Q&A

Jackie and Vikki discuss various breathing techniques and their benefits. They emphasize the importance of finding personalized breathing practices that work for each individual. The speakers highlight that functional breathing during the day can lead to better sleep at night. They also explain the connection between breathing and the diaphragm, demonstrating its location and movement. The discussion touches on the relationship between myofascial release and breathing. They stress the importance of conscious breathing and using breath control in stressful situations. The speakers mention that their teaching is based on medical research and differs slightly from some traditional yoga breathing techniques. Also discussed is pacing in relation to breathing exercises – the importance of going at the pace that is safe for each individual.

More information about Jackie & Vikki and their work, their Facebook group with weekly Q&A, various podcasts they have guested on & presentations they have given can be found at <https://longcovidbreathing.com/>

And they welcome questions via email at LongCovidBreathing@gmail.com

Additional resources:

- Related study: <https://www.healthrising.org/blog/2024/12/24/better-breathing-for-better-health-solve-mes-inspiratory-breathing-study-scores/>
- Diaphragm short video: <https://m.youtube.com/shorts/owtUtR3eGj4>

Get-to-know-you question: What have you been reading or watching lately?

- Podcast—Conan O’Brian Needs a Friend
- Not watching the news
- Spring flowers are bringing me joy
- Watch old cartoons
- METV—old cartoons
- Book: America’s First Daughter (about Thomas Jefferson’s daughter) by Stephanie Dray

Crisis Resources

- Dial 988
 - [What Happens When You Call 988?](#) (Article)
- Dial 911
- [Crisis Text Line](#)
- [Crisis resource page](#) (BHC)

Support Groups (alphabetical order)

Lived-Experience Support Groups

- BHC Support Group 2nd and 3rd Tuesday at 1 pm MST

- <https://batemanhornecenter.org/events/>
- Black COVID-19 Survivors
 - <https://www.facebook.com/groups/bcsalliance/>
- CFS/ME Friends
 - <https://www.facebook.com/groups/CFSMEFRIENDS>
- Health Stories Collaborative Creative Meetups
 - <https://www.healthstorycollaborative.org/creativemeetups>
- International ME Support Chat
 - 11am-1pm EST/ 5 -7pm GMT / 3-5am Melbourne time & 9-11pm EST/ 3-5am GMT/ 2-4pm Melbourne time
 - <https://us06web.zoom.us/j/84362703704?pwd=bfKmegaCLNhS6KwOUve7fkcsQjs7sB.1>
- Invisible Youth Support Group
 - <https://www.facebook.com/groups/invisiblyouthgroup>
- Long Hauler Advocacy Project
 - <https://www.longhauler-advocacy.org/support-us>
- Long COVID Families
 - <https://www.facebook.com/groups/4345929175466216>
- Massachusetts ME and FM Association Small Group Chats
 - <https://www.massmecfs.org/>
- #MEAction Living w/ME Support Group
 - <https://www.facebook.com/groups/211058135999671>
- #MEAction Long COVID Group
 - <https://www.facebook.com/groups/205703087068863>
- #MEAction Seniors Connect
 - https://www.facebook.com/groups/391269901334695/?ref=pages_profile_groups_tab&source_id=1408335399448862
- #MEAction Pillow Crafters (Group Crafting Sessions)
 - <https://www.meaction.net/pillow-crafters/>
- #MEAction Additional Groups
 - <https://www.meaction.net/groups/>
- ME/CFS Social Group
 - <https://www.facebook.com/groups/1202428297198122>
- ME/CFS phone support group

- Occurs on Saturday nights at 8pm, EST.
- Call: 609-746-1155. Punch in: 915110#. Group is open to all.
- State Specific Long Hauler Facebook Groups
 - <https://docs.google.com/spreadsheets/d/1vMNCrONg1oTy5QPzajNUJffu0gk4eBR4o585NosVgsk/edit#gid=0>
- Surviving with ME
 - <https://www.facebook.com/groups/695317212152964>
- The Mighty Group Directory
 - <https://themighty.com/groupdirectory/>
- The Yarrow Collective's Alternative to Suicide group is a weekly Zoom meeting. It's a free resource for folks who are struggling, that is nonclinical peer support. They also have chronic illness and disability support groups.
 - <https://www.yarrowcollective.org/>
- Utah COVID-19 Long Haulers
 - <https://www.facebook.com/groups/2619858348232191>

Caregiver Support

- [Caregiver Wisdom](#) is an online venture to support chronic illness caregivers. [Current free offerings](#) include: a [monthly support group](#), a [free online community](#) that's off of social media, and a [blog](#) with helpful posts.
- A support group for partner caregivers (please note all caregivers are welcome) takes place the first Sunday of each month at **12 p.m. PT / 3 p.m. ET**. Focuses on monthly topics and has small breakout rooms for closer community connection. To be added to the email list, contact Kim at kim.mecfs@gmail.com.
- #MEAction's support group for all family caregivers takes place the third Saturday of each month at 12:30 p.m. PT / 3:30 p.m. ET. To be added to the email list, contact Denise at caregiver@meaction.net.
- If you are on Facebook, [#MEAction has a Facebook group for caregivers](#)
- If you are on Discord, Nia has started a [channel for ME/Long COVID caregivers](#).