

# **Breathe to Heal Comprehension Questions**

<https://www.youtube.com/watch?v=4Lb5L-VE34>

1. What is the adjective Max uses to describe talking about breathing? He says it's one of the most \_\_\_\_\_ subjects you could possibly talk about. (1 word)
2. Breathing is different from blinking our eyes or digesting our food because there are ways to breathe how? (1 word)
3. What can certain patterns of breathing change? (4 words)
4. Why does Max travel the world to teach people how to breathe? (2 hyphenated words [d-o, e-b] + 7 other words)
5. This video was made in 2016. According to the World Health Organization, what would be the number one disability in 2020? (3 words)
6. In 2016 (and today) what has been at epidemic level? (2 words)
7. One thing that we can do about these above-mentioned problems is to create what? (6 words)
8. Other than a sustainable world, what three other things does Max mention that need to be sustainable?  
A. (l)                                      B. (h)                                      C. (b)
9. What do we need to develop again with people? (1 word)
10. Videos are great, but it is not the same as what? (8 words; don't forget the possessive "s")
11. What is the question that Max asks to people who are doing well? (5 words)
12. How many American military veterans commit suicide every day as a result of PTSD (post-traumatic stress syndrome)? (number only)
13. Other than yoga, what one other technic is being taught to veterans to help them conquer PTSD? (1 word)
14. The Navy SEALs are America's most elite military special operations group. A team of only Six members is chosen from among over 1,000 who start the training. What are the reasons why the SEALs use breath-work? (11 words)
15. What are the three benefits of intentional breath-work? (1 word) (1 word) (1 hyphenated word)  
A. (f)                                      B. (c)                                      C. (n-r)

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16. "If you teach people to breathe first, this calms the nervous system." \_\_\_\_\_ (2 words)  
fight-or-flight \_\_\_\_\_ (3 words), and rest-and-digest \_\_\_\_\_ (3 words).

17. In Max's adventures of teaching breathing, he has discovered a tremendous relationship between breath (the lungs) and what other thing? (1 word)

18. What event triggered the start of the CEO's panic attacks? (3 words)

19. When people who have the most anxiety learn breathing techniques, what is their immediate physiological reaction within the first three to five minutes? (4 words)

20. Why do we avoid our friends when they are grieving the death of a loved one? (9 words)

21. You don't have to \_\_\_\_\_ (2 words) to someone who's grieving. Don't try to  
\_\_\_\_\_ (3 words).

22. The main technic that Max teaches at the end of the video (15:35) is called the \_\_\_\_ - \_\_\_\_ - \_\_\_\_  
breath. (1 number in each blank space)

23. You inhale for \_\_\_\_; you hold for \_\_\_\_; you exhale for \_\_\_\_\_. (1 number in each blank space)

24. People take cigarette breaks; you can take a \_\_\_\_\_. (2 words)

25. Some doors only open from the \_\_\_\_\_ (1 word). \_\_\_\_\_ is a way of accessing  
that door. (1 word)