



## 7 Anxious Habits That Can Make You More Prone To Inflammation

By [CAROLYN STEBER](#) | a month ago | [f](#)



When you're anxious, you may start to take shallow breaths without even realizing it. And while it may not seem like a big deal, it's a habit that can make you more prone to inflammation. "Breathing determines how oxygen moves in our bodies and this promotes detoxification," **health expert Jasmine Talei tells Bustle.** "The best way to breath is diaphragmatic breathing, which is how we are originally wired as children. But as we get older, we often get overwhelmed and breathe with our chest instead." If you're anxious right now, you might notice that you're "holding" your breath, or not taking the deep breaths your body needs. So any time you catch yourself doing so, "make sure you take long, deep breaths," Talei says, to help fight off inflammation.