

Belly Breathing

Diaphragmatic Breathing

1. Stand, sit or lie down comfortably in a quiet place.



2. Close your eyes and loosen any tense muscles. Make sure to relax your shoulders.



3. Place one hand on your upper chest and another on your belly button.



4. Breathe in slowly through your nose for *three seconds*. Feel your stomach expand. Your chest should remain still.



5. Breathe out slowly through your mouth for *three seconds*. Feel your stomach move back.



6. Repeat steps 4 and 5. Gradually increase the time you take to breathe in and out.

Four seconds in and four seconds out, five seconds in and five seconds out.....