

## Deep Breathing Exercise

Deep breathing is a quick way to relax. You can do it almost any place and time you need to relieve stress. Deep breathing also helps maintain a sense of calm and it is part of almost all relaxation and meditation techniques. The key to breathing deeply is to breathe from your abdomen, rather than shallowly from your lungs. This way, you get as much fresh air and oxygen into your lungs as possible.

- 1 Sit or lie down in a comfortable position.
- 2 Put one hand on your stomach and one on your chest, if possible.
- 3 Pay attention to your breathing for a short while, noticing the rise and fall of your stomach.
- 4 Breathe in deeply through your nose. As you breathe in, the hand on your stomach should rise and the one on your chest should move very little.
- 5 Breathe out through your mouth— pushing out as much air as you can. Feel your stomach tighten as it flattens. The hand on your stomach should move, your chest shouldn't move much.
- 6 Be sure that you empty out all the air and then pause.
- 7 Try to inhale to the count of 10 then exhale to the count of 10— this helps to slow your breathing.
- 8 Repeat this breathing for several minutes. If you are lying down, you can put a small book on your stomach and try to breathe so it rises as you inhale and falls when you exhale.