



Benefits



slows
heart beat



promotes
feeling
calm



helps you
think
clearly



reduces
stress
and anxiety

Belly Breathing Technique

1. Find a comfortable position with your feet flat on the floor and your back upright. Place your left hand on your belly and your right hand your chest above your heart.
2. Breathe in through your nose focusing on your lower belly expanding first and your chest rising last. Imagine you are filling a cooler from the bottom up. Your left hand should rise first and your right hand last.
3. Breathe out slowly through your mouth allowing your chest to deflate first and your belly to deflate last

Variations

Balanced Breathing

This technique calls for inhaling and exhaling for the exact same count. Start by inhaling over the course of 5 seconds and exhaling over five seconds. Then increase the increments.

4-Square Breathing

With this technique, you inhale for four counts, hold for four counts, exhale for four counts, hold for four counts and repeat.

4-7-8 Breathing

With this technique, you inhale for four counts, hold for seven counts and exhale for eight counts.

