Breathe Stress Away

**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 on 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.