

Belly Breathing

Also known as belly or diaphragmatic breathing, this breathing exercise is an excellent tool to use when trying to pass a bowel movement. The goal with this breathing strategy is to help you relax the muscles of your pelvic floor and reduce the amount you are straining and pushing while on the toilet.

Belly Breathing Steps

1. Place one hand on your chest and one hand on your stomach. The hand on your stomach should be the only hand that moves during this exercise.
2. Inhale through your **nose** for a count of **4 seconds**, feeling the air expand your abdomen and bottom hand.
3. Hold your breath for a count of **7 seconds**
4. Exhale very slowly through your **mouth** for a count of **8 seconds**
5. Slowly repeat this process as needed while you are trying to pass a bowel movement.



Remember - Do not strain while trying to pass a bowel movement!