

## BREATHWORK EXERCISES

*Don't forget to tune into your body. If you experience severe dizziness or breathlessness, pause and seek advice from your healthcare provider. Prior to attempting these exercises, consult your healthcare provider if you have any medical conditions. The information provided is solely for educational purposes and general information.*

## DEEP BREATHING

*Sit or lie down in a comfortable position. Inhale air through your nose and allow your diaphragm to expand. Hold the breath for a couple of seconds before slowly exhaling through your mouth. Notice your abdomen contracting. Repeat slowly for at least one minute.*

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## 4-7-8 BREATHING

*Sit or lie down in a comfortable position. Inhale through your nose for 4 seconds - 1, 2, 3, 4. Hold your breath for 7 seconds - 1, 2, 3, 4, 5, 6, 7. Exhale through pursed lips for 8 seconds - 1, 2, 3, 4, 5, 6, 7, 8. Repeat slowly as needed.*

## ALTERNATE NOSTRIL BREATHING

*Sit or lie down in a comfortable position. Place your right thumb on your right nostril and apply gentle pressure to cease airflow. Inhale through your left nostril. Gently close your left nostril with your right ring finger and exhale through your right nostril. Continue to alternate nostrils. Repeat slowly as needed.*

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## BELLY BREATHING

*Lie down on your back with knees bent and feet flat on the floor/ground. Place one hand on your chest and the other on your abdomen. Take a deep breath in through your nose, allowing your abdomen to rise. Your chest will remain still. Exhale slowly and notice your abdomen fall. Repeat as needed.*

## EQUAL BREATHING

*Inhale and exhale for the same amount of time, usually for a count of 4-6.*

*Inhale 1-2-3-4-5-6.*

*Exhale 1-2-3-4-5-6.*

*Repeat slowly as needed.*

## BOX BREATHING

*Inhale for 4 seconds.  
Hold for 4 seconds.  
Exhale for 4 seconds.  
Hold for 4 seconds.  
Repeat slowly as needed.*

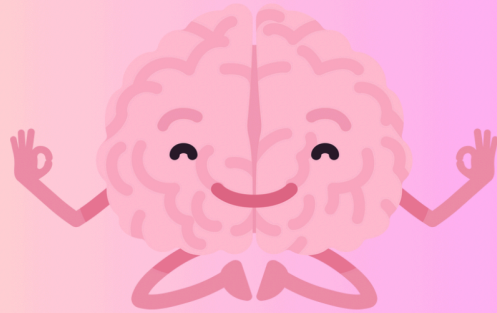
## LION'S BREATH

*Sit comfortably with your back straight. Inhale through your nose and exhale forcefully through your mouth, sticking out your tongue and making a "ha" sound. Repeat for several breaths.*

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## PHYSIOLOGICAL SIGH

*Sit comfortably with your back straight. Inhale deeply through your nose, filling your lungs with air. Take another sharp inhale through your nose before exhaling. While exhaling, blow air steadily out of your mouth as if sighing. Two inhales, followed by a long and steady exhale. Repeat as needed.*



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