



Belly Breathing

Belly breathing is also known as diaphragmatic breathing. It is a technique that involves breathing deeply into your diaphragm, rather than shallow breathing in your chest. It may be used as a tool to reduce stress and to achieve greater relaxation.

Here is a step by step approach to belly breathing.

-Find a calm relaxing place, where you won't be interrupted. Some white noise or meditation music may be helpful.

-Find a comfortable position, sitting or lying.

-Place one hand on chest and the other on your abdomen.

-Inhale deeply and slowly through your nose. Your goal is to feel the hand on your abdomen rise with a deep in-breath, while the hand on your chest should remain fairly stable.

-Then exhale slowly and completely through your mouth. Imagine that you are gently blowing on a candle. The exhale should take you longer than the inhale. As you exhale the hand on your abdomen should fall.

-Repeat this process and focus on making each breath slow, deep, and controlled. As you exhale imagine your entire body going limp and loose.

-Practice this regularly, especially in times of stress or anxiety. This may feel awkward at first, especially if you are used to shallow chest breathing. However, with practice this can become a valuable tool for managing stress and promoting relaxation.

*If you have any medical or respiratory issues, then consult with your health care provider before starting new breathing exercises.