

Diaphragmatic Breathing



This technique is all about getting the breath deep into your lungs by engaging your diaphragm rather than your chest muscles. **It's especially useful for calming anxiety, lowering heart rate, and resetting your nervous system.**

When you breathe deeply with your diaphragm, you stimulate the **vagus nerve**, which activates the parasympathetic nervous system. Your oxygen exchange improves, helping your body feel more energized yet calm. This can be used to help interrupt shallow, fast "stress breathing" patterns.

A step-by-step guide

1. Find Your Position - sit in a comfortable chair with your feet flat on the floor or lie down on your back with your knees bent. Relax your shoulders and loosen any tight clothing around your stomach.
2. Place Your Hands - one hand goes on your upper chest, the other hand goes just below your rib cage, over your belly.
3. Inhale Slowly Through Your Nose. Let your belly rise gently under your lower hand. The hand on your chest should remain mostly still.
4. Pause Briefly. Don't hold the breath tightly, just a soft pause.
5. Exhale Slowly Through Your Mouth. Purse your lips slightly, like you're blowing out a candle. Feel your belly fall back inward.
6. Repeat for 5–10 breaths or as long as you need to. Practice once or twice a day, and use whenever you feel overwhelmed.