

# Mindfulness Activity: Belly Breathing

First step: Shape Your Body. Moses Clinic, June 26, 2024



# What is Belly Breathing?



- Also goes by diaphragmatic breathing
- Can help to lower blood pressure, heart rate, and improve relaxation
- Strengthens your diaphragm (muscle for breathing)



First step: Shape Your Body. Moses Clinic, June 26, 2024

# Belly Breathing Video Link

<https://www.youtube.com/watch?v=7Ep5mKuRmAA>

# Resources

- [Belly Breathing \(Cleveland Clinic\)](#)
- [Youtube video](#)