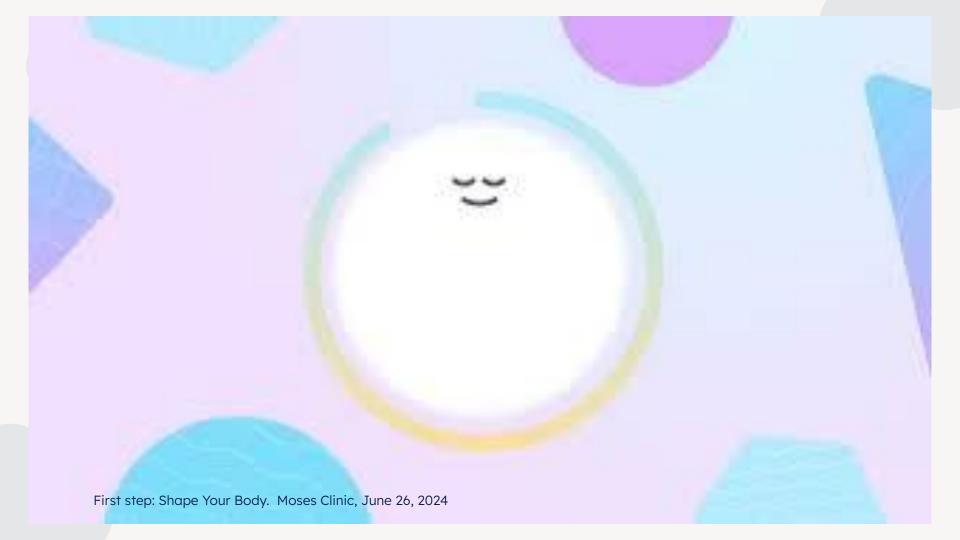
Mindfulness Activity: Belly Breathing



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)



Belly Breathing Video Link

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

Resources

- <u>Belly Breathing (Cleveland Clinic)</u>
- Youtube video