



Deep Belly Breathing

1



Step One

Find a place to sit comfortably and close your eyes. Take a big deep breath and exhale. Imagine yourself somewhere that makes you feel calm.

2



Step Two

Place one hand across your chest and place the other hand across your stomach. Now, breathe in slowly through the nose and breathe out slowly through the mouth.

3



Step Three

Continue to breathe in slowly through your nose and breathe out through your mouth. Focus on your breathing and continue this step for one to five minutes.

How it Helps



Helps Us Reduce Stress



Helps Relax



Helps Us Breathe Deeply



Helps Us Feel Calm