Diaphragmatic Breathing

Step One
Find a place to sit comfortably and close your eyes. Take a deep breath slowly, allowing the air to fill your diaphragm. Then exhale slowly. Imagine yourself somewhere that makes you feel calm.

Step Two
Place one hand across your chest and place the other hand across your diaphragm. Now, continue to breathe in slowly through the nose and breathe out slowly through the mouth recognizing the air filling your diaphragm.

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

How it Helps

- Helps Us Reduce Stress
- Helps Us Breathe Deeply
- Helps Us To Relax
- Helps Us Feel Calm

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