

breathe

STEPS TO Diaphragmatic Breathing

- STEP 1** Find a comfortable seated position or lay down.
- STEP 2** Relax your shoulders.
- STEP 3** Place a hand on your chest and the other on your lower abdomen.
- STEP 4** Take a couple normal breaths. On your last exhale, squeeze all the air out of your lungs.
- STEP 5** On your next inhale, focus on filling up your lower abdomen first. Feel the lower part of your belly fill-up with air under your hand. Once it's full, start filling up your chest until you can't fit any more air into your lungs.
- STEP 6** To exhale, slowly release the air from your chest and slowly work your way down to the lower abdomen.
- STEP 7** Repeat Steps 5 and 6 several times to get the best results.

Don't worry if this deep breathing process is difficult for you. Simply focusing on taking deeper breaths than you normally would do will also have calming effects.

