Deep Breathing Method

Manage Your Stress!

Deep breathing can help with chronic pain, stress, muscle tension, anxiety, sleep disorders, and other medical conditions. Using this method can help to bring about a relaxation response in your body.

1. Find a quiet place to sit or lie down in a comfortable position. Cushions or backrests can be helpful to maintain posture. If you are lying down, use a pillow to support your head – your face should be parallel to the ceiling.

2. Close your eyes.

3. Feel your breath as it comes in through your nose, fills your lungs, and releases through the exhale.

4. Put one hand on your lower belly. Allow your arm to relax and rest your elbow on the floor or a pillow.

5. As you breathe in (inhale) slowly:
   - Allow your belly to expand like a balloon that reaches forward, sideways, backward, upward, and downward
   - As your belly expands, feel your lungs fill with air

6. As you breathe out (exhale), let your belly relax and slowly let the air in your lungs release. Find a comfortable exhale between 4 to 10 counts.

7. As you practice your breathing, allow your mind to focus on this action alone. When distracting thoughts come up, gently redirect your mind to your breath.

8. Continue these steps for 10 to 20 minutes to maximize the impact of the practice. This can also be a strategy employed in short-term moments to briefly recenter your mind.

Use this link to view a video of this technique:
https://youtu.be/Z8emmFOuhxE