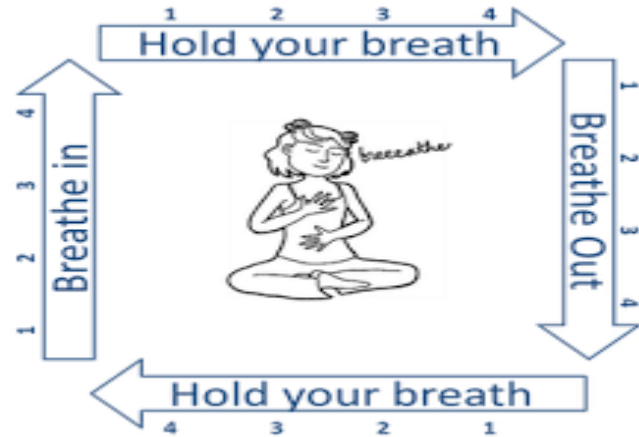


# SIMPLE BREATHING TECHNIQUES

A simple way to relax involves the use of your breath. Here are a couple of simple ways to improve your breathing and reduces stress.

## Diaphragmatic Breathing

Place one hand on stomach, another on your chest. Notice which hand rises when you breathe in. If you find your chest is rising, this indicates you are breathing too shallow and could cause a rise in anxiety. Relaxation breathing involves breathing deeply into your diaphragm and slowly releasing the air. Imagine that you have a balloon in your belly that you must fill with air. Breathe in through your nose and blow up your balloon, allowing your belly to fill with air, placing hand on belly to observe. Practice breathing deeper until you can get your stomach to rise consistently on in-breath.



## Square Breathing

- 1) Breathe in to the count of 4
- 2) Hold your breath to the count of 4
- 3) Breath out to the count of 4
- 4) Count to 4 before breathing in again.

\*It can be helpful to follow along the lines of the square as you count to 4. Repeat the breath a number of times until you feel your body developing a rhythm and relaxation.