

Deep Breathing

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Deep breathing is a powerful and simple relaxation exercise.

You can do this exercise for 1 to 2 minutes, several times a day.

How to Breathe Deeply

- Sit down or lie on your back in bed. Make sure your feet and hands are not crossed.
- Begin to bring your thoughts and attention to your breath.
- Feel where your breath comes in and out of your nose.
- Put one hand on your stomach so you can feel it rise with each breath.
- Breathe in deeply through your nose. Let your lungs fill completely and allow your belly to expand, moving your hand outward.
- Slowly breathe out. Make a “whooshing” sound with pursed lips. (Pursed lips are in the shape of blowing out a candle.)
- Try breathing out twice as long as you breathe in.
- Repeat several times in a slow, thoughtful manner.

Other Things to Think About

- Notice how your body feels when you are breathing.
- Notice how your muscles soften and how the breathing releases your stress and pain.
- When your mind starts to wander during this exercise, gently bring your attention back to deep breathing.