Breathing for Relaxation

In the past twenty-four hours, you will have breathed in and out about 200,000 times. In one way or another, breathing supports all important bodily functions. Using these breathing exercises can improve the quality of your life, make you feel more comfortable and help during times of anxiety, stress or pain.

**Belly Breathing:**

Belly breathing is no work at all. It is gentle and easily done.

1. Place one hand on your belly, relax your belly muscles and notice how that feels.
2. Take a slow, deep breath in through your nose and down into your belly. Your hand should go up about an inch.
3. Slowly let your breath out through your mouth. Your belly should go down.
4. Breathe in . . . belly goes up. Breathe out . . . belly goes down. (Note: Use your air to move your belly)
5. Slowly repeat 5 times.

**Breathing in 5’s:**

1. Using belly breathing, breathe in slowly for a count of 5.
2. Hold it for a count of 5.
4. Hold it for a count of 5.

As you breathe, imagine air flowing in and bringing comfort to every part of your body. As you breathe out, release all fears, worries and tensions.

**Calm Breathing:**

1. Breathe in through your nose – a deep, belly breath.
2. Breathe out slowly and think the number 10

Continue to count down with each breath until you get to zero.

As you breathe from 10 to zero imagine you are going down a long flight of stairs that lead to your favorite place . . . a place where you feel comfortable and happy. As you count down, each step brings you closer and closer to that favorite, comfortable place.

**Breathing for Relaxation:**

1. Place the tip of your tongue against the bony ridge on the top of your mouth behind your front teeth.
2. Breathe in through your nose for 4 counts.
3. Hold your breath for 7 counts.
4. Breath out through your mouth making a ‘whooshing’ sound for 8 counts.
5. Repeat this cycle 4 times, twice a day.