

Diaphragmatic/Belly Breathing

Diaphragmatic, or belly, breathing is an excellent tool to help reduce anxiety, lower heart rate and blood pressure and act as a “reset” when you are overwhelmed or agitated. It feels good and everyone can do it!

A Step-By-Step Guide to Diaphragmatic Breathing

Step 1

Sit or lie down in a comfortable position on a flat surface.



Step 2

Sit up straight and pull your shoulders back to relax them.



Step 3

Put one hand on your chest and one hand on your stomach.



Step 4

Breathe in through your nose for about two seconds.



Step 5

Purse your lips, press gently on your stomach, and exhale.



Step 6

Repeat these steps several times for the best results.

