

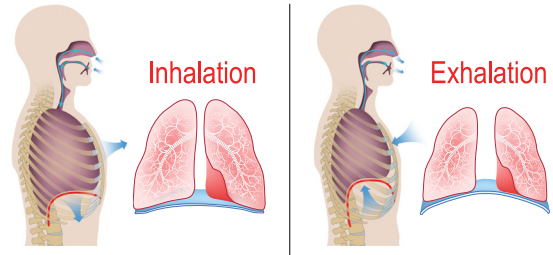
Belly Breathing

Belly Breathing is a way to help you relax. Breathing this way uses your diaphragm (a large muscle that helps expand your lungs).

With belly breathing, your stomach will rise as you breathe. When you breathe in and your lungs fill with air, your diaphragm pushes down. This makes your stomach move forward (rise).

When you breathe out, your lungs empty the air. Your diaphragm moves back up, and your stomach moves back down (falls).

Belly breathing helps you breathe slowly and evenly.



Belly Breathing Can Help

- Manage pain
- Lower anxiety
- Lower stress
- Make you feel less tense
- Slow down your breathing

Follow these steps to try Belly Breathing on your own

1. Get into a comfortable position (sit, stand or lay down on your back).
2. Place one hand on your chest and one hand on your stomach. The hand on your chest shouldn't move as you breathe. The hand on your stomach should move up and down with your breath.
3. Breathe in through your nose for 3 to 5 seconds. You can use a watch, clock or breath pacer app on your phone to time it. Only breathe in for as long as is comfortable. Let your stomach rise as air fills your lungs.
4. Breathe out through your mouth for 3 to 5 seconds, or as long as you are able without feeling uncomfortable. Let your stomach fall as air leaves your lungs.
5. Repeat each step as long as you are comfortable. Belly breathing should make you feel calm and relaxed.

Belly Breathing Tips

- Focus on breathing out to help you relax.
- Time your breathing using a clock with a second hand or breath pacer app.
- Never hold your breath or gasp for air.
- If you feel dizzy or light headed, return to normal breathing.

