



## DIAPHRAGMATIC BREATHING

### TAKE A BREATH

REMEMBER **THE REASONS** FOR MAKING **A STOP**



#### IT RELAXES YOU

Allows releasing anxiety and stress

#### IT PROTECTS YOU

Decreases over-activation

#### IT BALANCES YOU

Favours homeostatic regulation

### HOW TO DO THIS?

**1** WHEN TAKING A **BREATH**, PLACE ONE HAND ON THE **CHEST** AND THE OTHER ON YOUR **STOMACH**  
Make sure you let the air towards the lower part of the lungs without moving your chest



**AS YOU BREATHE IN**, ALLOW YOUR **STOMACH AND BELLY TO RISE** **WITHOUT MOVING YOUR CHEST**

**2**

**3** **RETAIN THE AIR**, FOR A MOMENT WHILE **IN THIS POSITION**



**RELEASE THE AIR SLOWLY**, **TIGHTENING YOUR ABDOMEN** **SLIGHTLY WITHOUT MOVING** **THE CHEST**

**4**

**5** TRY TO REMAIN **RELAXED** FOR FOUR **SECONDS** WITH YOUR LUNGS EMPTY **UNTIL THE NEXT INHALATION**