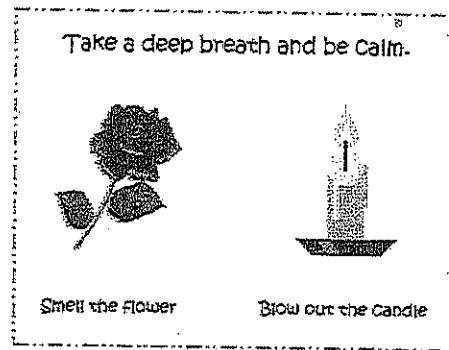


Let's Practice Diaphragmatic Breathing!



Steps:

- Place one hand on your upper chest and the other on your belly, just below your ribcage. Your pinky should be on or near your belly button.
- Slowly breathe in through your nose, directing air toward your belly, so that your stomach expands. The hand on your chest should remain still, as the hand on your stomach rises.
- When you breathe out, allow your stomach to fall inward, like a deflating balloon. Exhale through pursed lips- The hand on your belly should move down to its original position.
- Then, start slowing down your breathing. If you like, you can count in your mind to slow yourself down: counting to 4 with your in-breath, pausing between in and out-breaths, and counting to 8 with a slow out-breath.

Tips for Practicing at Home:

You can also practice at home, or anywhere you can lie down comfortably!

- Lie on your back on your bed (or any flat surface) with your knees bent. Place a small pillow (or other light object) on your stomach, just below the ribcage.
- Slowly breathe in through your nose, allowing air to go deeply toward your belly. The small pillow should rise as your chest remains still.
- Allow your stomach to fall inward as you slowly exhale through pursed lips. Exhale fully. Let the pillow on your belly drop down to its original position.

Practice for five minutes or more, several times a day if possible

Source: health.harvard.edu