

# Breathing for Stress Relief

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## Stress Relief Breathing

When you are stressed your breathing becomes fast, shallow and moves into the chest. Slow, controlled breathing can be used as a quick effective way to clear and relax your body and mind. Try deep breathing into your belly and allowing it to expand. Focus on your breath with each inhale and exhale. Breathing exercises are easy to do, require no equipment, can be done in a short amount of time and help foster the mind body connection.

## Belly Breathing

- Start by sitting or lying in a comfortable position with your hands relaxed on your belly.
- As you inhale through your nose, feel your hands rise with breath.
- As you exhale, feel your hands fall as your breath leaves.
- Continue breathing with your focus on your hands and the rise and fall of your belly.
- Try this 3-5 times and see how you feel.
- An additional technique to belly breathing is extending your exhale twice as long as your inhale.
- Same set up as for belly breathing, now simply extend your exhale. If you breathe in for 3 counts, breathe out for 6 counts.
- In for 4 counts, out for 8 counts.
- Play around to find a count that works for you.

