



TracieLee Wellness

Stop Worrying & Start Living!

DEEP BREATHING EXERCISE

Try this deep breathing exercise

- Find a comfortable and quiet place to sit or lay down on your back.
- Place one hand on your chest and the other on your abdomen below your navel or you can just place both hands on your abdomen.
- Close your eyes and start by taking a slow deep breath in through your nose and then slowly out through your nose or mouth.
- Try this for 5 deep breaths and then as you get better you can increase the duration of the breathing exercise.
- According to Harvard Health (2018), deep breathing encourages full oxygenation, educes the relaxation response, and controls the stress response.



Photo of Diaphragmatic Breathing Technique (Cleveland Clinic, 2019)

References

Cleveland Clinic. (2019). *Diaphragmatic breathing*. [Image]. Retrieved from <https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>

Harvard Health Publishing. (2018). *Relaxation techniques: Breath control helps quell errant stress response*. Retrieved from <https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>