



# Diaphragmatic Breathing

1



## Step One

Find a place to sit comfortably and close your eyes. Take a deep breath slowly, allowing the air to fill your diaphragm. Then exhale slowly. Imagine yourself somewhere that makes you feel calm.

2



## Step Two

Place one hand across your chest and place the other hand across your diaphragm. Now, continue to breathe in slowly through the nose and breathe out slowly through the mouth recognizing the air filling your diaphragm.

3



## Step Three

Continue to breathe in slowly through your nose, expanding your diaphragm and breathe out slowly through your mouth. Focus on your breathing and continue this step for one to five minutes.

## How it Helps



Helps Us Reduce Stress



Helps Us To Relax



Helps Us Breathe Deeply



Helps Us Feel Calm