

# Deep Breathing

Whether it is daily stress, stress of an unexpected challenge, or stress from a prolonged issue that has not yet been resolved, everyone's body and mind is affected when under such pressures. Deep breathing exercises are a great way to manage your reaction to stress, and help your body and mind stay healthy and grounded while you work through your stress. Try these deep breathing exercises to help yourself stay calm and grounded despite the stress you are feeling:

## **10 Second Breaths**

1. Find a comfortable position. Ideally, you want to find a quiet space with little distraction, but this exercise can be performed anywhere as long as you are able to focus.
2. Turn your focus onto your breathing. Feel your chest rise and fall with each breath.
3. When you are ready, take a 10-second count inhale through your nose. Hold for 3 seconds.
4. Exhale through the mouth on a 10-second count. Hold 3 seconds.
5. Repeat this cycle 5-7 times, or until feeling relaxed and grounded.

## **Belly Breaths**

1. Find a comfortable position. Ideally, you want to find a quiet space with little distraction, but this exercise can be performed anywhere as long as you are able to focus. Be sure to have your back straight and your spine in line.
2. Place one hand on your belly, covering your belly button, and one hand on your chest.
3. Inhale through the nose, only allowing the belly to rise. Inhale as much air as you can without your chest moving. Hold for 5 seconds.
4. Exhale through the mouth, using the point of the belly button to force the air up through your airways and out through your mouth.
5. Repeat 2 times, switch hands, then perform 3 more times.

## **Chest Breaths**

1. Find a comfortable position. Ideally, you want to find a quiet space with little distraction, but this exercise can be performed anywhere as long as you are able to focus. Be sure to have your back straight and your spine in line.
2. Place one hand on your belly, covering your belly button, and one hand on your chest.
3. Inhale through the nose, only allowing your chest to rise. Inhale as much air as you can without your belly rising. Hold for 5 seconds.
4. Exhale through the mouth, feeling your chest fall as your ribs constrict around your lungs.
5. Repeat 2 times, switch hands, then perform 3 more times.

## **4-7-8 Breaths**

1. Find a comfortable position. Ideally, you want to find a quiet space with little distraction, but this exercise can be performed anywhere as long as you are able to focus.
2. Turn your focus onto your breathing. Feel your chest rise and fall with each breath.
3. When you are ready, take a 4-second count inhale through your nose. Hold for 7 seconds.
4. Exhale through the mouth on a 8-second count. Hold 3 seconds.
5. Repeat this cycle 5-7 times, or until feeling relaxed and grounded.