Deep Breathing Tipsheet

1. Sit or lie down in a comfortable position. Do not cross your arms or legs.

2. Place your hand on your stomach.

3. Slowly take a deep breath in through your nose. Your stomach should inflate like a balloon, pushing your hand up.

4. Slowly breathe out through your mouth imagining your stomach deflating like letting the air out of a balloon. As you breathe out, your hand should lower.

5. Slowly breathe in and out again. Focus on your stomach rising and falling and the sound of air moving in and out.

6. Think of a place where you feel peaceful.

7. Keep breathing like this for a few minutes. Silently count to 5 each time you breathe in (“1...2…3…4…5”) and say “relax” to yourself each time you breathe out.