



Diaphragmatic Relaxation Breathing Exercise

Diaphragmatic breathing is a calming and focusing technique used to reduce stress and anxiety. It can be done in any position that allows for breath awareness and relaxation of the body. Here are the steps to practice diaphragmatic breathing:

1. Sit or lie in a comfortable position. Make sure your spine is in an upright and relaxed position.
2. Place one hand on the chest and the other on the stomach. This will help you feel the breath moving through your body.
3. Close your eyes, take a slow relaxing breath in through your nose, pushing out your stomach as you do so and counting to four.
4. Hold the breath for a count of two, then slowly exhale through the nose counting to four.
5. Repeat this cycle 10-15 times, focusing on your breathing and allowing any thoughts that come into your mind to pass without judgement or reaction.

As you practice diaphragmatic breathing, you should feel your body relaxing and calming the unrest within.