



Diaphragmatic Breathing

For best results, practice daily for 5 minutes per day. Feel free to use a guided recording.

1. Scan your body and note if you are feeling any tenseness or anxiety
2. Find your rib cage and place one hand directly below your rib cage
3. Practice exhaling long breaths through your mouth making a “whoooo” sound, like the wind. Count to six as you exhale and allow your abdomen to pull inward
4. Inhale slowly and deeply through your nose, feeling your abdomen expand and your hand rise for a count of four. Your chest should barely move
5. Pause slightly and smile for a count of four. Smiling releases endorphins
6. Relax and take a few normal breaths. Tell your body to go loose and limp. Make an effort to have all tension drain away
7. Continue taking at least ten to fifteen deep abdominal breaths with slow, full exhales in order to trigger relaxation