

Deep Breathing Exercises



1. Lay down or sit comfortably.
2. Put one hand on your chest and the other hand on your belly.
3. Imagine you have a balloon underneath your belly button that inflates as you breathe in and deflates as you breathe out.
4. Breathe in slowly through your nose while you count to 4. Hold your breath for a few seconds. Breathe out slowly through your mouth like you're blowing through a straw while you count to 4. Rest for a few seconds and repeat.



- Practice deep breathing for 2-3 minutes.
- The hand over your stomach should move in and out with your breathing.
- Keep your shoulders as relaxed as possible; they should not rise as you inhale.

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