

# DIAPHRAGMATIC BREATHING EXERCISE

July, 2021

1. Sit in a comfortable position, legs shoulder width apart, eyes closed, jaw relaxed, arms loose.
2. Place one hand on your chest, one hand on your stomach.
3. Try to breathe so that only your stomach rises and falls.

**Inhale:** Concentrate on keeping your chest relatively still. Imagine you are trying to hold up a pair of pants that are slightly too big.

**Exhale:** Allow your stomach to fall as if you are melting into your chair. Repeat the word “calm” to provide focus as you are practicing the exercise.

Do not force the breath, let your body tell you when to take the next breath.

4. Take several deep breaths moving only your stomach in and out with the breath.
5. Practice 3-5 minutes daily until the breathing feels comfortable.

Note: It is normal for this type of breathing to feel a bit awkward at first. With practice it will become more natural for you.

Primary Care Behavioral Health