

# HOW TO DO DEEP BREATHING FOR STRESS RELIEF

## Deep Breathing

Deep breathing is a simple technique that can be used to help with stress relief, anxiety management, mood improvement, and general well-being. It works best if you practice for about 10 minutes a day on a consistent basis. Find a place and a time where you will not be disturbed.

To get started, make yourself comfortable. You may prefer to sit in a comfortable chair or to lie down on the floor. Either position is fine. If you chose the floor, use pillows under your head and knees for comfort.



OR



1. Place one hand on your lower abdomen.
2. Breathe in deeply and slowly as you count to five, pulling your breath into your lower abdomen until it raises the hand that is resting there.
3. Release your breath slowly and smoothly as you count to five.
4. Focus on your breath as you do this exercise.

Once you have mastered the technique, you can do this without using your hand on your abdomen.

Use your hand on your lower abdomen until you get used to bringing your breath down deep.

Try to relax your body and your mind as you breathe. If you are distracted, simply bring your attention back to your breath. You may enjoy playing some soft, relaxing music or nature sounds.

## Give it A Try

This video was created at the Harvard School of Public Health. Dr. Lillian Cheung demonstrates the benefits of mindful breathing.

Join the class! Running time is just over 13 minutes.

*Click the image to play the video.*

