

## **Breathing Deeply**

Try imagining a spot just below your navel. Breathe into that spot and fill your abdomen with air. Let the air fill you from the abdomen up, then let it out, like deflating a balloon.

With every long, slow breath out, you will feel more relaxed.

The next time you are in a stressful situation:

- Sit up straight.
- Inhale through your nose with your mouth closed.
- Exhale through your mouth with your lips pursed (as if you were whistling or kissing).
- Make your exhalation twice as long as your inhalation (for example, inhale for two seconds, exhale for four). Use your abdomen when you breathe, consciously pushing your belly out. Try putting one hand over your stomach, to see how it rises and falls.

## **Straw Breathing**

- Inhale normally and naturally.
- Exhale fully through a plastic drinking straw - make sure you have exhaled all of the air out of your lungs.
- Inhale normally (not through the straw).
- Exhale fully out of the straw.
- Repeat this exercise for 5 minutes.
- Ideally, do this twice a day.

<https://www.takingcharge.csh.umn.edu/activities/other-relaxation-methods>