

## **DIAPHRAGMATIC BREATHING**

Diaphragmatic Breathing is an advanced form of the Relaxed Breathing previously reviewed. It is a simple relaxation exercise that is a basic foundation of many relaxation approaches.

### Diaphragmatic Breathing Exercise

Sit in a comfortable position.

Place one hand on your stomach and the other on your chest.

Try to breathe so that only your stomach rises and falls.

As you inhale, concentrate on your chest remaining relatively still while your stomach rises.

It may be helpful to imagine that your pants are too big and you need to push your stomach out to hold them up.

When exhaling, allow your stomach to fall in and the air to fully escape.

Take some deep breaths, concentrating on only moving your stomach.

Return to regular breathing, continuing to breathe so that only your stomach moves. Focus on an easy, regular breathing pattern.

It is normal for diaphragmatic breathing to feel a little awkward at first. With practice, it will become more natural to you.