

Emotional Empowerment

Deep Breathing Exercises

1. Lay down flat or sit up straight with your feet on the ground.
2. If possible, have a clock or watch handy. Practice deep breathing for at least two to three minutes at a time.
3. Put one hand on your chest and the other hand over your stomach.
4. Breathe out all your air, until your lungs are empty.
5. Imagine you have a balloon underneath your belly button that inflates as you breathe in and deflates as you breathe out.
6. Breathe in slowly. Inhale to the count of three or four and exhale to the count of five or six. Try to feel the balloon behind your belly button blow up each time you breathe in.
7. 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.
8. Exhale slowly as if you are blowing air through a straw. Breathing out should be controlled and relaxing.