

Belly Breathing

This breathing technique encourages diaphragmatic breathing, which has been shown to activate the body's relaxation response and can help reduce stress and promote a sense of calm. Adjust the duration of inhalation and exhalation based on your comfort level, gradually working towards longer breath cycles if you find it beneficial. If you have any respiratory or medical conditions, it's advisable to consult with a healthcare professional before starting new breathing exercises.

Find a Comfortable Position: Sit or lie down in a comfortable position. Place one hand on your chest and the other on your abdomen.

Breathe In (Inhalation): Inhale slowly and deeply through your nose. Focus on filling your abdomen with air rather than your chest. Allow your abdomen to expand as you breathe in. You should feel your hand on your abdomen rising while the hand on your chest remains relatively still. Inhale for a count of 4 seconds.

Hold Your Breath: At the top of your inhalation, briefly hold your breath for a count of 1 or 2 seconds. This helps to maximize the oxygen absorption in your lungs.

Breathe Out (Exhalation): Exhale slowly and completely through your mouth. Focus on emptying your lungs by contracting your abdominal muscles. Exhale for a count of 6-8 seconds.

Repeat: Continue this cycle, inhaling for 4 seconds, holding for 1-2 seconds, and exhaling for 6-8 seconds. Try to maintain a smooth and steady rhythm throughout the exercise.

Focus on Relaxation: As you breathe, pay attention to any tension in your body and consciously release it. Let go of any thoughts or distractions, and bring your attention back to your breath.

Practice Regularly: Aim to practice this breathing exercise for a few minutes each day. It can be particularly helpful during moments of stress, anxiety, or when you simply want to relax.