

# Breathing Exercises

## Breath Counting

- Sit in a comfortable position with a straight back and head tilted slightly forward.
- Gently close your eyes and take a few deep breaths.
- Then, let the breath come naturally without trying to blow out.
- Ideally it will be quiet and slow.
- Count to one with the first breath out, then 2 on the second breath, continuing up to 5.
- You should only count when you breathe out, allowing yourself to breathe in naturally each time.

## Belly Breathing

- Sit or lie in a comfortable position, resting one hand on your belly and one on your chest,
- Take a deep breath in through your nose, feeling your belly push your hand out.
- Your chest should not move.
- Breathe out through your mouth (feeling the hand on your belly go in) and use it to push all the air out.
- Repeat this 5 times, taking your time with each breath.

## 4-7-8 breathing

- Make sure that you are sitting or lying down comfortably, with one hand on your belly and one hand on your chest.
- Breathe in slowly through your nose, counting silently to 4.
- Hold your breath for a count of 7.
- Slowly breathe out until the count of 8, breathing out slowly so that you keep exhaling until you reach 8.
- Repeat 5 times.

## Morning breathing

- Start by standing up with knees slightly bent, then bending forward- with your arms dangling freely in front of you.
- Slowly breathe in and, at the same time, gradually roll up to standing position.
- Hold your breath for a few seconds.
- Then, breathe out slowly as you bend forward slowly- again, with your arms dangling freely.