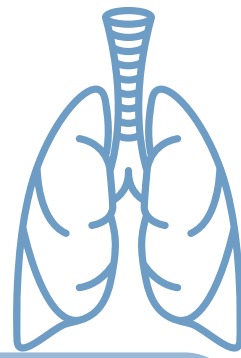


Deep Breathing



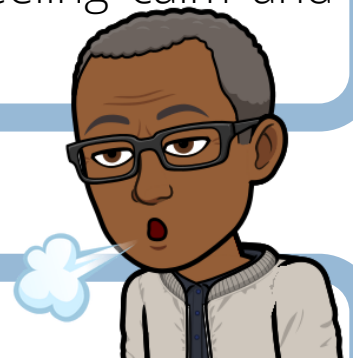
What

Deep breathing (diaphragmatic, abdominal or belly breathing) involves taking a breath in that fully fills the lungs causing the lower belly to rise, strengthening the diaphragm muscle.



Why

Deep breathing is a popular technique used to activate the body's parasympathetic nervous (PSNS) system. This system is responsible for feeling calm and conserving energy.

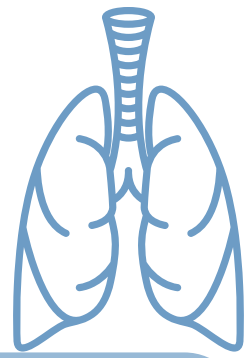


When

Activating the PSNS promotes feelings of relaxation, calm and focus. Often used during exercise or meditation practices, but can also be used when feeling stressed, anxious or upset.



Deep Breathing



There are many different types of deep breathing techniques. When learning these techniques find a quiet place to sit or lay. When feeling confident, implement deep breathing into daily activities through meditation, exercise or for brief moments during periods of stress or feeling overwhelmed.



Vagal Breathing Technique

Inhale through your nose to make an "oceanic" sound, and exhale through your mouth while making a "haaa" noise, as if you're cleaning your eyeglasses.

Box Breathing Technique

Inhale filling the lungs completely while slowly counting to four. Hold this breath while counting to four and then exhale slowly releasing the breath while counting to four. Hold the breath out for a count of four and repeat.

