

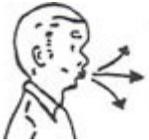
LOW & SLOW BREATHING

Technique:

If you are breathing specifically to relax or calm yourself it is important to breathe



in through
your **nose**,



and **out** very
slowly through
your **mouth**.

Purse your lips and blow out as if you are blowing through a straw. This will prolong the breath and make it more full and long.

6 breaths per minute is often ideal for practice.

Inhale for **4** seconds
Exhale for **6** seconds

Breathing in a long, slow, gentle, and consistent manner helps to calm and relax the mind and body. It can also **reduce tension and anxiety** and improve concentration and memory by balancing nervous system functioning. Shallow, fast breathing can contribute to maintaining stress and anxiety, or increasing muscle tension, head-aches, and fatigue. Diaphragmatic, or, abdominal breathing, is one of the most effective ways to encourage your body's natural relaxation response.

Practice daily for 15-20 minutes to allow your body to learn to do it effortlessly. Throughout the day, take a few low, slow breaths, especially when feeling stressed.

Practice

Lie on the floor or sit in a comfortable position leaning back, and place one hand on the center of your chest and the other on your abdomen, right at the waistline. **When you breathe in, notice whether your abdomen expands** – if it does, you are breathing from your diaphragm. If your belly doesn't move, or moves less than your chest, you are breathing from your chest.

To shift from chest to abdominal breathing, make one or two full exhalations that push out as much air as possible from the bottom of your lungs – this creates a vacuum that will pull in a deep, diaphragmatic breath on your next inhalation. Continue by allowing your shoulders to relax and let your belly do most of the work while breathing.

More Information:

Helpful Apps:

[Pacer Timer \(Iphone\)](#), [Paced Breathing \(Android\)](#)

Breathing methods and tips:

<https://pe2000.com/breathing/>

YouTube guided breathing meditation: <https://www.youtube.com/watch?v=7wFX9Wn70eM>



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