

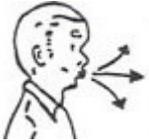
# DEEP BREATHING

## 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 slower and more full.

**6** breaths per minute is often ideal for practice.

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

**Deep Breathing** in a slow, gentle, and easy manner helps to calm and relax the mind and body. It can also **reduce tension and anxiety** and improve concentration and memory. Shallow, fast breathing can contribute to anxiety, muscle tension, head-aches, and fatigue. Diaphragmatic, or, abdominal breathing, is one of the simplest ways to encourage your body's natural relaxation response to be more active.

**Practice daily for 10-15 minutes** or more to allow your body to learn to do it effortlessly. Do this daily practice at a time when you are alert and awake. Throughout the day, frequently take a few slow, deep breaths, especially as you prepare to engage in a stressful task.

## 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 slowly in and out.

Remember to keep the breath **“LOW and SLOW.”**

**More Information:** Helpful Apps: [Breathe2Relax](#), [MyCalmBeat](#), [Virtual Hope Box](#), [Paced Breathing](#)

YouTube guided breathing meditation:

<https://www.youtube.com/watch?v=7wFX9Wn70eM>

Breathing methods and tips:

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

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