

## **DEEP / DIAPHRAGMATIC BREATHING**

### **1. Breathe DEEPLY:**

- a. Keep chest and shoulders still
- b. Use your diaphragm = Your tummy should rise & fall with each breath

### **2. Breathe SLOWLY:**

- a. 6 second cycle =
  - I. 3 seconds for the IN breath
  - II. 3 seconds for the OUT breath

### **3. Breathe IN through your NOSE, & OUT through your mouth**

- Start twice per day (most people prefer morning and night before bed).
- Practice for at least 5 minutes each time initially.
- Pair with food: 4 x cycles.
- Can practice in front of mirror to ensure chest & shoulders being kept still.
- Place hands on your tummy as you breathe to check use of diaphragm.