

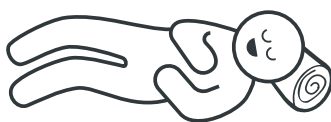
Deep breathing

- ▶ Deep breathing, or breathing into your stomach, can make you feel better and help you to relax.
- ▶ This is also called diaphragmatic breathing.



Deep breathing technique - this can be done sitting or lying down

1

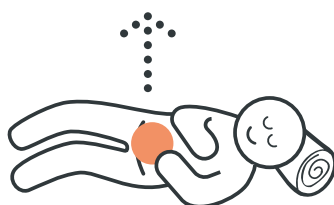


Lie on your back on a flat surface or in bed, with your knees bent and your head on a pillow.

You can also put a pillow under your knees to support your legs.

Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.

2



Breathe in slowly through your nose so that your stomach moves out against your hand.

The hand on your chest should remain as still as possible.

3



Tighten your stomach muscles, letting them fall inward as you breathe out through your lips like you are going to whistle.

The hand on your chest should remain as still as possible.

You may notice an increased effort is needed to use the diaphragm correctly. At first, you might get tired doing this exercise but keep at it because, with continued practice, diaphragmatic breathing will become easy and automatic.

Practise for 5-10 minutes, about 3-4 times per day. Gradually increase the amount of time you spend doing this exercise, and perhaps even increase the effort by placing a book on your stomach/puku.