

B R E A T H I N G E X E R C I S E S

D I A P H R A G M A T I C B R E A T H I N G

WHAT IT IS:

Also known as "belly breathing," this technique involves deep, slow breaths that engage your diaphragm, allowing your lungs to fully expand.

HOW TO DO IT:

- Sit or lie down in a comfortable position.
- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of 4, letting your belly rise as you breathe in.
- Exhale slowly through your mouth for a count of 6, feeling your belly fall.
- Repeat for 5–10 minutes.

WHEN TO USE IT:

- During moments of high stress or anxiety.
- To prepare for sleep.
- When you feel overwhelmed and need to ground yourself.

WHY IT'S IMPORTANT:

- Diaphragmatic breathing activates the parasympathetic nervous system, helping to reduce cortisol levels and lower your heart rate. This technique promotes relaxation and improves focus, offering an effective way to reset during challenging moments.



No feeling is permanent

B R E A T H I N G E X E R C I S E S

B O X B R E A T H I N G

WHAT IT IS:

A structured breathing technique that involves equal counts for inhaling, holding, exhaling, and holding again. It's often used by athletes and military personnel to maintain calm under pressure.

HOW TO DO IT:

- Inhale deeply through your nose for a count of 4.
- Hold your breath for a count of 4.
- Exhale slowly through your mouth for a count of 4.
- Hold your breath again for a count of 4.
- Repeat for 3–5 minutes.

WHEN TO USE IT:

- Before a stressful event like a presentation or exam.
- To regain focus during a busy day.
- When feeling emotionally dysregulated and needing quick grounding.

WHY IT'S IMPORTANT:

Box breathing helps to regulate your breathing rhythm, reduce stress, and enhance concentration. By practicing this technique, you can calm your mind and regain control over your body's stress response.

