

5 Simple Breathing Exercises

01

BALLOON

Hold your midsection as if you were cradling a balloon. Inhale a slow, deep breath. Notice your stomach "inflate." Exhale a slow, steady breath. Notice your stomach "deflate". Do this a few times paying attention to the rise and fall of your stomach.

02

BUZZ

Begin with taking a few natural breaths. Breathe in through your nose with your lips slightly pursed. Exhale while humming the letter "M". Notice the vibrations. Continue exhaling until you need to take in a breath. Repeat 5 times.

03

TRACING

Slowly trace your left hand with your right index finger. Inhale as you trace up a finger. Exhale as you trace down a finger. Switch hands and repeat.

04

WINGS

Cross your arms across your chest and hold your shoulders. Take 5 slow, steady breaths. Pretend your fingers are wings and gently flap them on your shoulders alternating sides. Conclude by giving yourself a hug.

05

4, 7, 8 BREATHING

Inhale for 4 seconds. Hold for 7 seconds. Exhale for 8 seconds.
Repeat up to 4 times.