

DEEP BREATHING EXERCISE

Practice Deep Breathing for the next 3 to 5 minutes.

1. Sit in a chair - arms at sides, feet uncrossed.
2. Note any tension or tightness in your muscles.
3. Put one hand on your chest and your other hand on your stomach.
4. Take a slow, deep breath through your nose. As your lungs fill your stomach should raise first and the chest next.
5. Hold the air in for three seconds.
6. Blow the air out through your mouth, making a whooshing sound.
7. Keep taking long, slow deep breaths in through your nose and letting long slow breaths out through your mouth.
8. Focus on the sound of your breath. Do this for 3 to 5 minutes.