

BREATHING EXERCISES

Focused Breath

- Find a comfortable position.
- Bring your awareness to your breath without trying to change how you're breathing.
- Alternate between normal and deep breaths a few times. Notice any differences between normal breathing and deep breathing. Notice how your stomach expands with deep inhalations.
- Note how shallow breathing feels compared to deep breathing.
- Place one hand on your stomach, keeping it relaxed, and notice how it rises with each inhale and falls with each exhale.
- Let out a loud sigh with each exhale.
- You can imagine that the air you inhale brings a feeling of peace and calm throughout your body. Mentally say, "Inhaling peace and calm."
- Imagine that the air you exhale washes away tension and anxiety. You can say to yourself, "Exhaling tension and worry."

Alternate Nostril Breathing

- Lift your right hand toward your nose, pressing your first and middle fingers down toward your palm and leaving your other fingers up.
- After an exhale, use your right thumb to gently close your right nostril.
- Inhale through your left nostril and then close your left nostril with your right pinky and ring fingers.
- Release your thumb and exhale out through your right nostril.
- Inhale through your right nostril and then close this nostril.
- Release your fingers to open your left nostril and exhale through this side.
- Continue this breathing pattern for up to five minutes.
- Finish with an exhale on the left side.

Adapted from: <https://www.healthline.com/health/breathing-exercise#breath-focus>