

BREATHING EXERCISES

Breathing increases oxygen levels, helps to lower blood pressure, reduces anxiety and stress, improves sleep, relaxation and focus, and soothes frustration or overwhelming emotions.

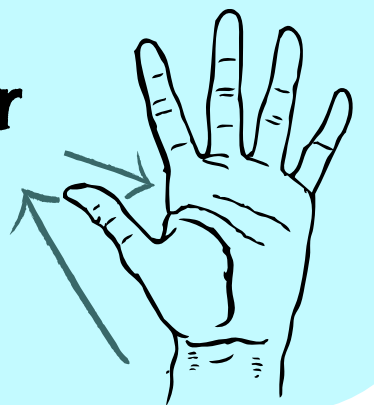
TUNNEL BREATHING



1. Cover your ears with your hands
2. Take 5 deep breaths in and out.
3. As you exhale, try making a humming noise

5-FINGER BREATHING

1. Hold out your hand
2. As you inhale trace a line to the top of your thumb
3. Exhale and trace a line down your thumb
4. Repeat for each finger



BELLY BREATHING



1. Place one hand on your chest and the other on your stomach
2. Breathe in through your nose, out through your mouth
3. Notice how your belly rises and falls as you breathe

NOSTRIL BREATHING



1. Cover 1 nostril with your finger



2. Inhale through the other nostril

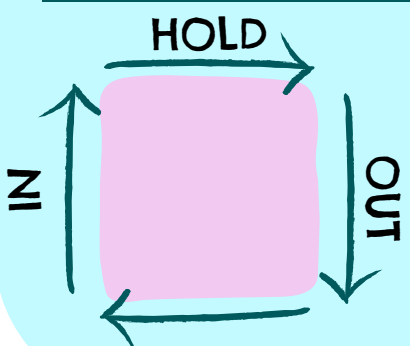


3. Cover other nostril



4. Exhale. Repeat on other side

BOX BREATHING



1. Breathe in for 4 seconds then hold for 4 seconds
2. Breathe out for 4 seconds then hold for 4 seconds
3. Trace a side of the box for each 4 seconds

4-7-8 BREATHING

1. Inhale through your nose for 4 seconds
2. Hold your breath for 7 seconds
3. Exhale through your mouth for 8 seconds

