

Diaphragmatic Breathing Exercise

1. Sit or stand in a relaxed position.
2. Slowly inhale through your nose, counting to five in your head.
3. Let the air out from your mouth, counting to eight in your head as it leaves your lungs. Repeat several times. That's it!

Tips:

1. As you breathe, let your abdomen expand outward, rather than raising your shoulders. This is a more relaxed and natural way to breathe, and helps your lungs fill themselves more fully with fresh air, releasing more "stale" air.
2. If you like, you can make your throat a little tighter as you exhale so the air comes out like a whisper. This type of breathing is used in some forms of yoga and can add additional tension relief.