

DEEP ABDOMINAL BREATHING

When you feel stressed, deep breathing can help to calm you down quickly. You can use this exercise almost anywhere. It doesn't take very long and you can do it as much as you like.

1. Sit or stand with your shoulders and back comfortable and straight. Place one hand on your abdomen and the other hand on your chest. You can either close your eyes or keep them open.
2. Take a slow, deep breath through your nose. Feel your hands rise up as your lungs fill with air.
3. Hold your breath for a few seconds before letting it out. Then let it out by exhaling slowly through your mouth. Feel your hands lower as the air is released.
4. Pay attention to your body letting go of the stress and feeling more relaxed.