

# DIAPHRAGMATIC BREATHING INSTRUCTIONS



## Step 1:

Lie down on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees for support if you want.



## Step 2:

Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.



## Step 3:

Breathe in slowly through your nose so that your stomach moves out against your hand.

The hand on your chest should remain as still as possible.



## Step 4:

Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips.

The hand on your upper chest must remain as still as possible.



## Step 5:

You can also do this technique while sitting in a chair.

Sit comfortably in a chair with your knees bent. Your shoulders, head, and neck should be relaxed.



## Step 6:

Place one hand on your upper chest and your other hand just below your rib cage. Breathe in slowly through your nose so you can feel your stomach move out against your hand.

The hand on your chest must remain as still as possible.



## Step 7:

To breathe out, tighten your stomach muscles. Let them fall inward as you exhale through pursed lips.

Continue to keep the hand on your chest as still as possible.



## Step 8:

Do this for 5-10 minutes at a time.

The hand on your upper chest must remain as still as possible.