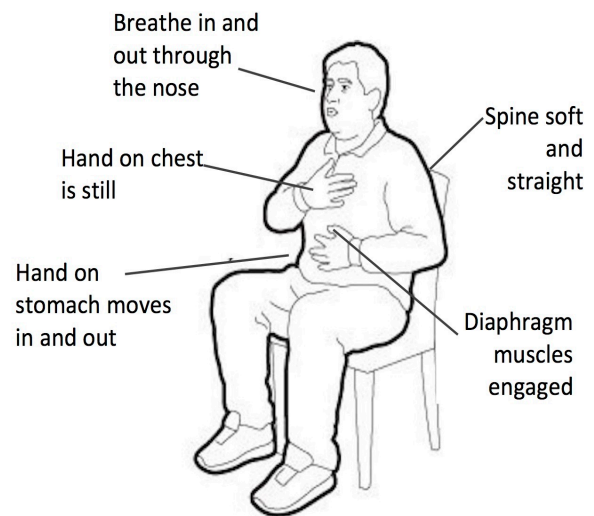




## Diaphragmatic Breathing

*Diaphragm breathing or abdominal breathing is a breathing exercise using your main breathing muscle- your diaphragm. It helps you slow down your breathing when feeling stressed or anxious.*

*The diaphragm is a dome-shaped muscle that sits under the lungs. Breathing from here stimulates the body's parasympathetic nervous system which helps the body to return to a calm and balanced state. Babies breathe from here so it is our most natural breath.*



**The most important part of diaphragmatic breathing is to remember to breathe into your stomach and diaphragm rather than your chest cavity.**

### STEPS

- Find a comfortable position sitting (or lying down) so your breathing is not restricted from flowing into your stomach.
- Put one hand on your stomach and one hand on your chest
- Throughout the exercise the hand on your chest stays as still as possible (you are not breathing using your chest muscles)
- Pushing down on your diaphragmatic muscles breathe in through your nose and as you do feeling the hand on your belly move up.
- Breathe out slowly through your nose, pressing lightly on your stomach. Feel your belly relax and fall.