

Keep Learning | **Breathing for Balance**

Deep breathing can slow your heartbeat, promote feelings of calm, help you think clearly, and reduce stress and anxiety.

**Start with Belly Breathing**

* Find a comfortable position with your feet flat on the floor and your back upright. Place your left hand on your belly and your right hand on your chest above your heart.

* Breathe in through your nose focusing on your lower belly expanding and your chest rising last. Imagine you are filling a cooler from the bottom up. Your left hand should rise first and your right hand last.
* Breathe out slowly through your mouth allowing your chest to deflate first and your belly to deflate last.

**Balanced Breathing**

Inhale and exhale for the exact same count. Start by inhaling over the course of 4 seconds and exhaling over five seconds. Then increase the increments to 8.

**Four Square Breathing**

Inhale for four counts, hold for four counts, exhale for four counts, hold for four counts. Repeat 5x.

**4-7-8 Breathing**

Inhale for four counts, hold for seven counts (or as long as you can comfortably) and exhale for eight counts (or as long as you can comfortably). Repeat 3x.

**RESOURCES TO SUPPORT YOUR BREATHING PRACTICE**

**Webmd** [www.webmd.com/balance/stress-management/stress-relief-breathing-techniques#1](https://www.webmd.com/balance/stress-management/stress-relief-breathing-techniques#1)

**Verywellmind** <https://www.verywellmind.com/abdominal-breathing-2584115>