

3 Breathing Techniques To Try...

Box Breathing Technique

1. Begin by slowly exhaling all of your air out through your mouth
2. Then, gently inhale through your nose to a slow count of 4 seconds
3. Hold your breath at the top for 4 seconds
4. Then, gently exhale through your mouth for 4 seconds

4-7-8 Breathing Technique

1. Begin by slowly exhaling all of your air out through your mouth
2. Inhale silently through the nose for a count of 4 seconds
3. Hold your breath for 7 seconds
4. Exhale again through your mouth for a full 8 seconds

Diaphragmatic Breathing Technique

1. Begin by slowly exhaling all of your air out through your mouth
2. Put one hand on your belly just below your ribs and the other hand on your chest
3. Slowly inhale through your nose, feeling your stomach pressing into your hand. Keep your other hand as still as possible, your chest should not move
4. Exhale using pursed lips as you tighten your stomach muscles to push all the air out, keeping your upper hand completely still