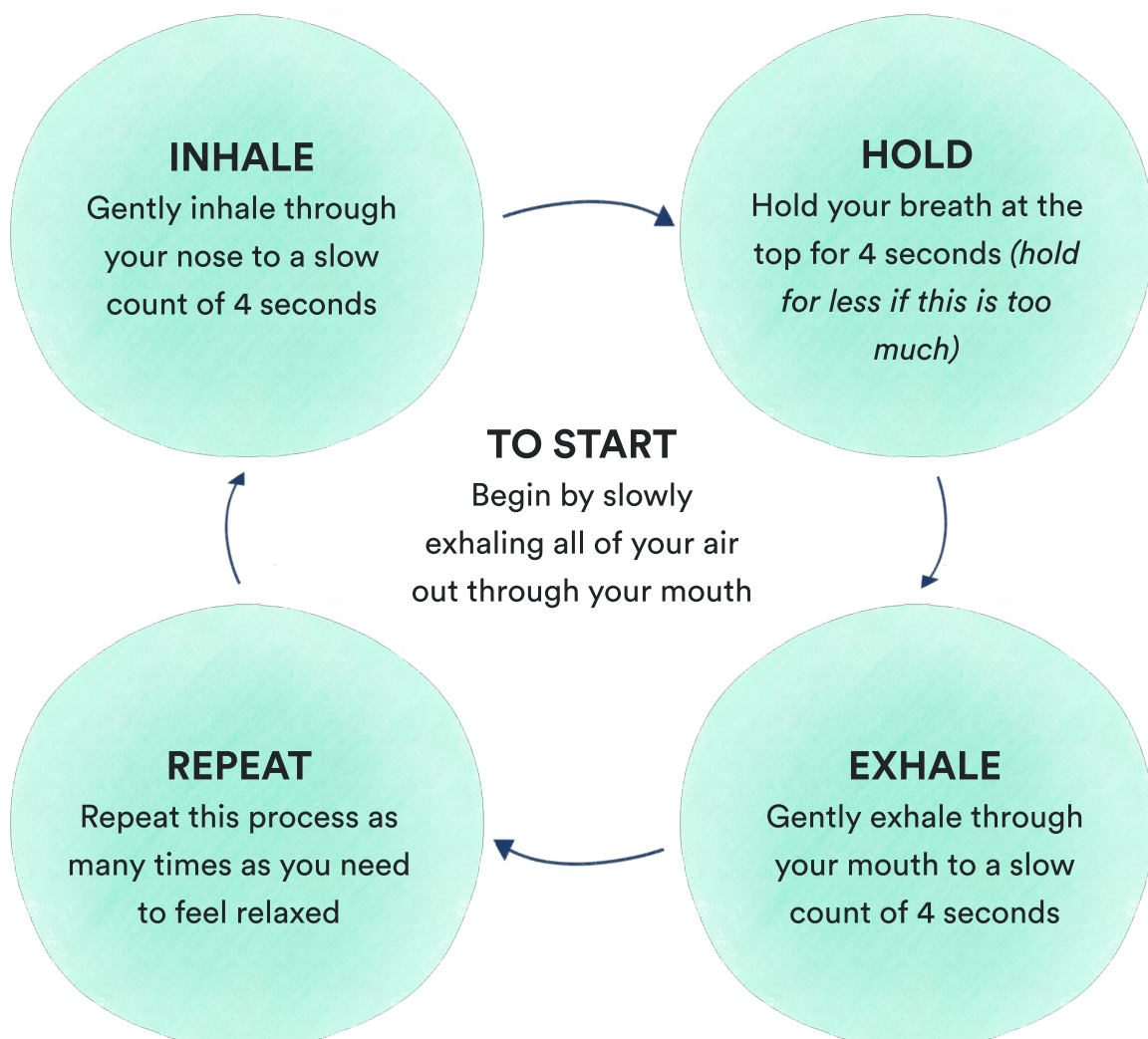


3 breathing techniques to try

Here are some simple breathing techniques you can do to relieve stress and relax your body and mind. They can be done at home, at work or out and about. Over time, these exercises can become something you do automatically to help when you feel stressed or anxious.

1. Box breathing



2. The 4-7-8 technique



INHALE

Inhale through the nose for a count of 4 seconds



HOLD

Hold your breath for 7 seconds



INHALE

Exhale again through your mouth for a full 8 seconds

3. Diaphragmatic breathing

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

