

Belly Breathing

Belly breathing can be an incredibly effective tool to calm and soothe anxiety by stimulating the vagus nerve to slow down the heart and lungs.

Practice belly breathing regularly; try twice a day, perhaps as you wake up or fall asleep. Use this practice when you feel anxiety or experience core emotions.

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- Inhale slowly and deeply through your nostrils, breathing into the bottom of your belly. Feel your belly come out; you can place your hand on your belly to feel your stomach expand as you inhale fully.
- Hold your breath for a beat.
- Slowly exhale with pursed lips, taking twice as long as your inhale.
- Repeat five times.

CHECK IN

- Can you notice two changes in your emotional or physical responses after belly breathing?

