

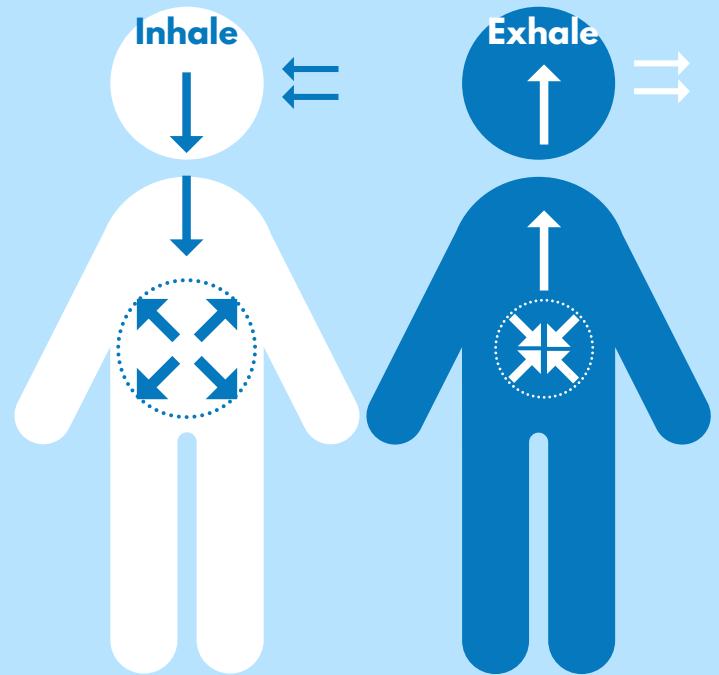
Diaphragmatic Breathing

Relaxation Training

Diaphragmatic Breathing

Diaphragmatic breathing, or “belly breathing,” is a relaxation strategy that focuses on engaging your stomach when breathing. This type of breathing involves expanding your diaphragm or stomach with each inward breath then contracting your diaphragm with every exhale. Diaphragmatic breathing focuses on slowing down your breathe and increasing the efficiency of each breathe. Diaphragmatic breathing helps to:

- Reduces anxiety symptoms
- Increases energy
- Slows down heart rate
- Improves the mind-body connection
- Triggers the parasympathetic nervous system
- Decreases tension



Here's How



Place one hand on your stomach and one hand on your chest.



Breathe in slowly through your nose. Feel your lungs fill with air and your stomach expand.



Hold the breath for 4 seconds.



Exhale slowly through your mouth. Push the air slowly through your lips and feel your stomach deflate.



Repeat for several breathes.

Tips

Practice every day! Just like learning a new sport or instrument, it takes practice to get good at belly breathing.

Practice when you are relaxed like right before bed or when you are laying on the couch. This will make it easier to learn the new skill.

Apps to Practice



Breathe2Relax



Breathe Kids



Breathing Bubbles

YouTube Videos



Belly Breathing: Mindfulness for Children

The Mental Health Teacher



The correct way to breathe in

Tech Insider

Learn More



Diaphragmatic Breathing

Cleveland Clinic



Relaxation Exercises: Breathing Basics

TeensHealth

Diaphragmatic Breathing

Cognitive Behavioral Therapy

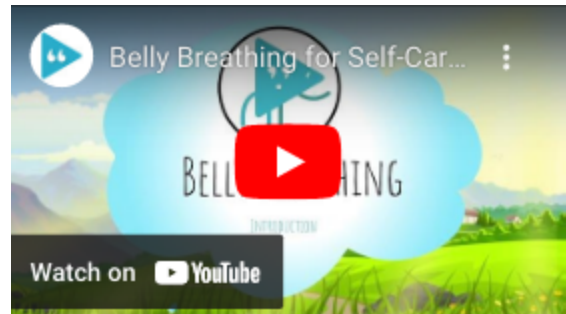
Diphragm breathing for High Schoolers and Adults

By Fablefy - The Whole Child



Belly Breathing for Self-Care - Taking Deep Breaths to Relax

By Everyday Speech



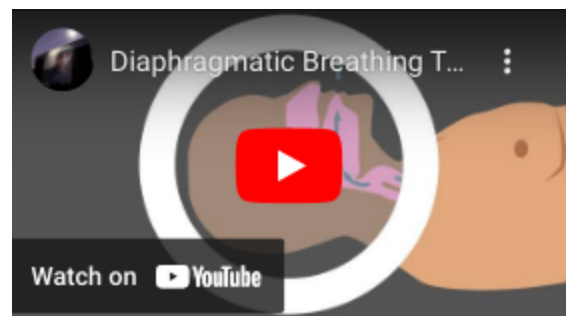
Belly Breathing: Mindfulness for Children

By The Mental Health Teacher



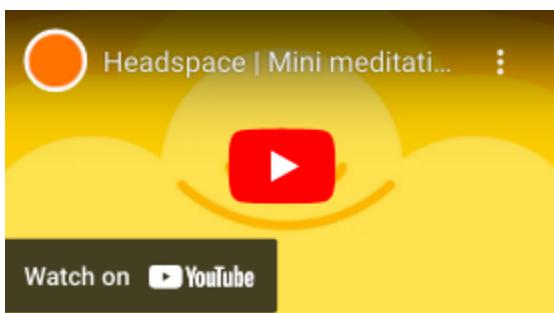
Diaphragmatic Breathing Technique

By ivan sharma



Headspace | Mini meditation | Breathe

By Headspace



12-minute meditation: Diaphragmatic breathing

By Living Better



Mind Yeti Relaxation

Relaxation Training



Mind Yeti is a library of research-based guided mindfulness sessions that help kids and their adults calm their minds, focus their attention and connect to the world around them. Scan the QR code to find more Mind Yeti Relaxation videos



WHAT IS MINDFULNESS



HELLO BREATH: LISTEN



HELLO HUBBUBBLES: LISTEN



HELLO BODY: LISTEN



HELLO GRATITUDE: LISTEN



ONE SOUND: LISTEN



SOUND CHANGE: LISTEN



HELLO FEET: LISTEN



SLOW BREATHING: LISTEN