

Calm or Diaphragmatic Breathing

Easy to Learn, Easy to Use, Portable

Numerous Health Benefits

Calms the Body – Reduces Physical Symptoms

Use as a Coping Tool

- 1) Sit on comfortable chair and place your feet on the floor in front of you.
- 2) Put one hand on your chest and the other on your stomach.
- 3) Now close your eyes and mouth and breathe through your nose.
- 4) Breathe in slowly and count to 4; pushing stomach out.
- 5) Hold for 2 seconds.
- 6) Breathe out slowly and count to 4.
- 7) As you exhale, use a silent word like “calm” or “peace” or “safe.”
- 8) Repeat for 2 minutes; then extend to 5-10 minutes.
- 9) Practice this during low tension level.
- 10) PRACTICE DAILY.

