

Calm Breathing

Calm Breathing or Diaphragmatic breathing is breathing that is done by contracting the diaphragm, a thin horizontal muscle located under the lungs. This technique helps you slow down your breathing when feeling stressed or anxious. This type of breathing is typical of yoga practitioners and signers.

The procedure

- Make sure you are sitting or standing in a comfortable position and not putting any strain or pressure on any part of your body
- Try to avoid fiddling with your body (twiddling thumbs, tapping feet, etc.)
- Close your eyes and imagine you are somewhere warm and happy
- Take a slow breath in through the nose, feeling your lower belly expand with air
- Hold your breath for 1 or 2 seconds
- Exhale slowly through your mouth, feeling your lower belly flatten
- Wait 1 or 2 seconds before taking your next breath
- Repeat this cycle for 2 to 3 minutes until you feel completely relaxed