

# Breathing Exercises

<b>Materials:</b> <ul style="list-style-type: none"><li>● A comfortable chair</li><li>● 2 or 3 minute timer (optional)</li></ul>	<b>Minimum Capacities Needed:</b> Ability to read or listen, and to follow written or oral instructions.
Practice alone or in a group	<b>Duration:</b> 2-3 minutes
<b>PURPOSE:</b> To manage stress effectively. Learn to breathe quietly to increase your oxygen intake and allow yourself time to rest, relax, and recover.	
<b>PRECAUTIONS:</b> If you feel any dizziness, continue to breathe normally. If you are standing, sit down.	
<b>INSTRUCTIONS</b>	
<p>Make yourself comfortable, standing or sitting with your eyes closed if possible.</p> <p>Start by simply paying attention to your breathing, noticing and being aware of it.</p> <p>Pay attention to its pace. Is it fast? Slow? Jerky? Full?</p> <p>Pay attention to the movement of the breath. Is it more noticeable in the stomach? The chest? The shoulders?</p> <p>Now focus on the stomach area. Place one hand on the belly and the other on the lower back. Be sure to keep a comfortable position.</p> <p>Breathe in slowly and deeply through your nose. Feel your hand rise as the belly expands.</p> <p>Breathe out deeply through your mouth, pulling the stomach in, without forcing it.</p> <p>Repeat 3 times, then release your arms at your sides.</p> <p>Become aware of the relaxation that sets in and the movements of your belly.</p> <p>Repeat the exercise, breathing wider and deeper each time.</p>	