Deep Breathing
for Stress Management

How do you relieve your stress?

Deep breathing is a healthy way to lower your stress.

You can do it anywhere, anytime, and it is free!

Try this breathing exercise next time you are feeling stressed:

1. Get into a comfortable position. Try laying on your back, sitting in a chair with your back and feet supported, or sitting on a cushion on the floor with your legs crossed.

2. Either close your eyes or focus on an object.

3. Place your hands on your stomach. Feel your belly rise and fill up with air on the inhale, and relax back down on the exhale.

4. Breathe through your nose. Notice the air coming in through your nose and out through your nose.

5. Slow your breath down. Try breathing in for a count of four, hold the breath for one second, and then breathe out for a count of six.

6. Continue breathing like this for at least five minutes. You could set a timer or count your breaths (30 breaths is around five minutes).

Additional Resources:

- https://healthyforgood.heart.org/be-well/articles/3-tips-to-manage-stress

- https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet

- https://www.heart.org/-/media/Files/Health-Topics/Answers-by-Heart/How-to-Man-age-Stress.pdf