

GRADUATING TO ADULT CARE

DEEP BREATHING

Studies have shown that something as simple as deep breathing can help us feel calmer, happier, and healthier. Learning how to deep breathe is quick, easy, and portable, making it a nice stress management strategy.

HOW TO PRACTICE DEEP BREATHING (a.k.a. “diaphragmatic breathing”)

- 1** Sit up tall in a chair so that you are not resting your back against the back of the chair.
- 2** Place your feet flat on the floor, with your knees bent gently and relaxed.
- 3** Place one hand on the middle of your chest over your collar bone and the other hand on your stomach, just above your belly button.
- 4** Slowly breath in deeply as long as you can, and then pause just a moment before slowly exhaling. You should feel your stomach expand as you breathe in and contract as you breathe out. Your chest will not expand or contract very much if you are doing deep breathing.