Breathing in a long, slow, gentle, and consistent manner helps to calm and relax the mind and body. It can also reduce tension and anxiety and improve concentration and memory by balancing nervous system functioning. Shallow, fast breathing can contribute to maintaining stress and anxiety, or increasing muscle tension, head-aches, and fatigue. Diaphragmatic, or, abdominal breathing, is one of the most effective ways to encourage your body’s natural relaxation response.

**Practice daily for 15-20 minutes** to allow your body to learn to do it effortlessly. Throughout the day, take a few low, slow breaths, especially when feeling stressed.

**Technique:**

If you are breathing specifically to relax or calm yourself it is important to breathe

---

**in** through your **nose,**

and **out** very slowly through your **mouth.**

---

Purse your lips and blow out as if you are blowing through a straw. This will prolong the breath and make it more full and long.

6 breaths per minute is often ideal for practice.

- Inhale for 4 seconds
- Exhale for 6 seconds

---

**More Information:**

Helpful Apps:
- Pacer Timer (Iphone), Paced Breathing (Android)

Breathing methods and tips:

YouTube guided breathing meditation: [https://www.youtube.com/watch?v=7wFX9Wn70eM](https://www.youtube.com/watch?v=7wFX9Wn70eM)