

Let's Practice Diaphragmatic Breathing!

Take a deep breath and be Calm.



Smell the flower

Blow out the candle

Steps:

- Place one hand on your upper chest and the other on your belly, just below your ribcage. Your pinky should be on or near your belly button.
- Slowly breathe in through your nose, directing air toward your belly, so that your stomach expands. The hand on your chest will move only a little, but the hand on your belly will move a lot.