

Belly breathing

Belly breathing enhances the function of your respiratory muscles, making air flow in and out. Deep belly breathing can help you calm down.

Belly breathing also evens out your breathing, which is very useful when breathing is out of balance – like it often is in anxiety.

It is easiest to start this exercise lying on your back, knees bent. The important thing is that the position is comfortable and that your core muscles are relaxed.

Place one hand on your chest and the other on your stomach above the navel. Breathe calmly in and out through your nose.

When you do belly breathing, the hand on your stomach is raised and lowered with your breathing. The hand on your chest has a smaller range of motion.

When inhaling, you can imagine that your stomach is expanding like a balloon. When you exhale, the balloon deflates. Let your breathing flow calmly and naturally. Keep breathing like this for a while.

YouTube video of the exercise

<https://www.youtube.com/watch?v=8GMOVrnl6B4>



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