

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 up slightly, and the hand on your belly will move out.