

QUICK RELAXATION

BREATHING EXERCISES

There are lots of breathing exercises you can do to help relax. The exercises below are simple to learn and easy to do. Helping you relax and relieve stress.

MORNING BREATHING

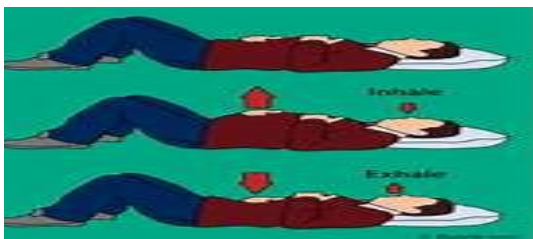
Try this exercise when you first get up in the morning to relieve muscle stiffness and clear clogged breathing passages. Then use it throughout the day to relieve back tension.

1. From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.
2. As you inhale slowly and deeply, return to a standing position by rolling up slowly, lifting your head last.
3. Hold your breath for just a few seconds in this standing position.
4. Exhale slowly as you return to the original position, bending forward from the waist.

BELLY BREATHING

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
5. Do this breathing 3 to 10 times. Take your time with each breath.



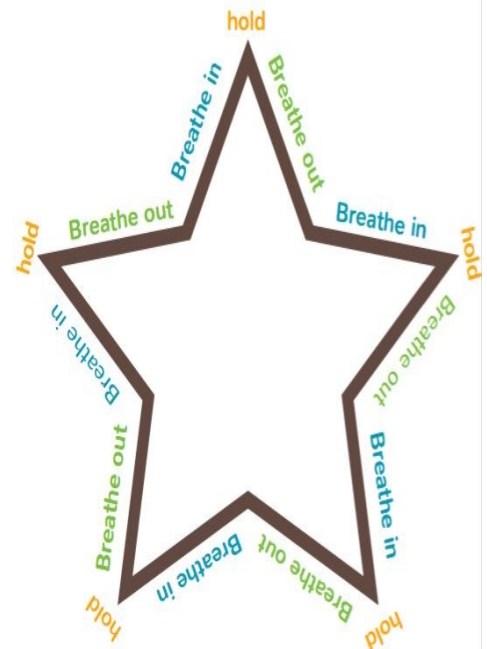
For more information and techniques
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THESE ARE ADDITIONAL STRATEGIES THAT MAY ALSO HELP YOU RELIEVE SOME OF YOUR STRESS AND ANXIETY SYMPTOMS.

- Imagine yourself tracing a square in your mind and in-haling/exhaling every time you turn a corner.
- Imagine blowing on a candle, except rather than try to blow it out, you try to blow it just softly enough that it dances around.

Star Breathing

Start at any "Breathe in" side, hold your breath at the point, then breathe out. Keep going until you've gone around the whole star.



Notice how you feel at the end of the exercises.

