

Breathing Exercises Handout

Instructions

Practice the following breathing exercises to promote relaxation, reduce stress, and improve overall well-being.

Diaphragmatic breathing (belly breathing)

1. Sit or lie down comfortably.
 2. Place one hand on your chest and the other on your belly.
 3. Inhale deeply through your nose, allowing your belly to rise while keeping your chest relatively still.
 4. Exhale slowly through your mouth, emptying your lungs completely.
 5. Repeat for several breaths, focusing on the sensation of your belly rising and falling with each breath.
-

Box breathing

1. Sit in a comfortable position with your back straight.
 2. Inhale deeply through your nose for a count of four.
 3. Hold your breath for a count of four.
 4. Exhale slowly through your mouth for a count of four.
 5. Hold your breath again for a count of four.
 6. Repeat the cycle for several rounds, maintaining a steady rhythm.
-

4-7-8 breathing

1. Find a quiet space and sit or lie down comfortably.
 2. Inhale deeply through your nose for a count of four.
 3. Hold your breath for a count of seven.
 4. Exhale slowly through your mouth for a count of eight.
 5. Repeat the sequence for several rounds, focusing on the length of each breath.
-

Alternate nostril breathing

1. Sit in a comfortable position with your spine straight.
 2. Close your right nostril with your right thumb.
 3. Inhale deeply through your left nostril.
 4. Close your left nostril with your right ring finger.
 5. Exhale slowly through your right nostril.
 6. Repeat the sequence, alternating nostrils with each breath.
-

Lion's breath

1. Sit comfortably with your spine straight and hands on your knees.
2. Inhale deeply through your nose.
3. Exhale forcefully through your mouth, sticking out your tongue and making a "roaring" sound.
4. Repeat several times, releasing tension in your face and throat with each exhale.