

BELLY BREATHING

Instructions

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- ✓ Breathe normally and notice how you're feeling.
- ✓ Place one hand on your belly and one hand on your chest.
- ✓ Take a deep breath in through your nose. Pretend like you have a balloon in your belly and you are trying to inflate the balloon with your breath.
- ✓ As your belly expands, notice your lower hand move out.
- ✓ Breathe out slowly through your mouth. Notice your lower hand move back in.
- ✓ After taking several deep belly breaths, think about how you feel. Do you notice any difference?



Note: Shallow chest breathing is associated with anxious breathing.