

# Day 1: Breathing Meditation

Deep breathing is a simple and powerful relaxation technique. This technique is easy to learn, can be practiced almost anywhere, and provides a quick way to manage your stress levels.

Deep breathing is the cornerstone of many other meditation practices and can be combined with other relaxing elements (e.g., aromatherapy, music).

All you need is a few minutes ...

## The Practice of Breathing Meditation

The key to deep breathing is to breathe deeply from the abdomen – get as much fresh air as possible in to your lungs. As you inhale more oxygen you decrease tension, shortness of breath, and anxiety.



**Step 1:** Sit comfortably with your back straight. Place one hand on your chest and the other on your stomach.

**Step 2:** Breathe deeply through your nose. The hand on your stomach should rise, while the hand on your chest remains relatively still.

**Step 3:** Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles.

**Step 4:** Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

**Tip:** If you find it difficult to breathe from your abdomen while sitting, try lying on the floor. Put a small book on your stomach – try to breathe so that the book rises as you inhale and falls as you exhale.

Resource: [www.helpguide.org](http://www.helpguide.org)