

RELAXATION TECHNIQUES

Deep Belly Breathing (Diaphragmatic Breathing):

- Sit or lay down in a comfortable position
- Place one hand on your chest and the other on your abdomen
- Inhale deeply through your nose, expanding your diaphragm, feel your abdomen rise
- Exhale slowly and completely through your mouth, feel your abdomen fall

Repeat for several breaths, focusing on the rhythmic rise and fall of your abdomen.

4-7-8 Breathing (Relaxing Breath):

- Sit or lay down in a comfortable position
- Inhale through your nose for a count of four
- Hold your breath for a count of seven
- Exhale completely and audibly through your mouth for a count of eight

Repeat as many times as needed

Box Breathing (Square Breathing):

- Inhale through your nose for 4 seconds
- Hold your breath for 4 seconds
- Exhale for 4 seconds
- Pause and hold your breath for a count of four before beginning the next cycle.

Repeat the box breathing pattern for several rounds.

