



Breathe for Relaxation

Many people are experiencing stress because of the life disruptions caused by the pandemic. One way to cope with this stress is taking a moment to ***breathe for relaxation***.

What does breathing for relaxation mean?

Researchers have identified breathing techniques as a holistic response to stress that focuses your mind on something you always have with you: *your breath!* Breathing techniques can help individuals regulate emotions before medication or other interventions begin working.

An example: belly breathing

Belly breathing refers to taking full breaths deep into your lungs, by using air to push out our bellies. This technique may help relieve tension and relax you into sleep.

Tips for belly breathing

Steps for belly breathing

1. Lie down or sit comfortably
2. Place one hand on the belly, place the other on the chest
3. Breathe slowly and deeply through the nose, feeling your stomach push against your hand as air completely fills your lungs. Your chest should be as still as possible.
4. Exhale through your lips, keeping your mouth and jaw relaxed.
5. Repeat for 5 minutes.

1. Try to relax and find a quiet space to practice relaxation breathing and being mindful.
2. With your hand on your stomach, allow the belly to push the hand up on the inhale.
3. Breathe nice and slowly so you don't hyperventilate.
4. Think about slow, purposeful deep breaths for five minutes.

For some extra help, click here to watch a video.

For more skills & exercises visit the Student Resilience Project at strong.fsu.edu