

# Deep breathing exercises

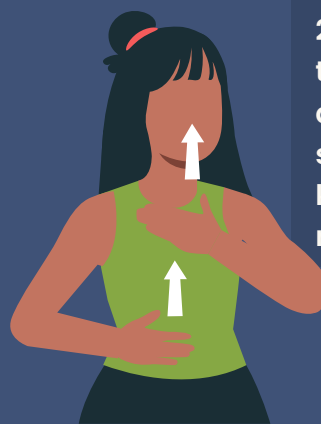
Deep breathing is a simple yet powerful relaxation technique. It involves focusing on slowly inhaling through your nose, holding your breath for a few seconds, and exhaling completely.

This technique helps reduce stress and anxiety by lowering the heart rate and promoting overall calm. It is perfect for calming nerves before a stressful event or as a regular practice to start or end your day.

## Steps



1. Sit or lie down in a comfortable position. Place one hand on your chest and the other on your stomach.



2. Breathe in slowly through your nose, allowing your stomach to rise while keeping your chest relatively still.



Hold



Exhale

3. Hold your breath for a count of four, then slowly exhale through your mouth for a count of six.



4. Continue this pattern for several minutes. With each breath, allow any tension to melt away as you gradually relax more deeply.