



ALYSSA MOORE
COUNSELING

Diaphragmatic Breathing

Start by becoming aware of your breathing.

Place one hand on your belly and the other hand on the center of your chest. Without trying to change anything, notice how you are breathing.

Pay attention to where you are breathing from. Are your chest and shoulders moving or is your belly rising and falling? Now notice the speed of your breathing. Are you breathing quickly or slowly? Is the breath deep or shallow?

Now inhale very slowly and picture the air moving deeper into your belly. Feel your belly fill with air and notice your lower hand rise. Pause at the top of your breath and then follow your breath out as you exhale completely.

Slowly take a breath in for the count of 4, pause at the top, and slowly exhale for the count of 4.

If it is helpful, picture a balloon in your belly that is becoming inflated with each inhale and deflates with every exhale.

Notice the temperature of the breath as it moves in and out of your body. The breath is cool as you inhale and warm as you exhale.

Continue to slowly take deep breaths in and out for the count of 4 with a pause at the top.

Notice your breath becoming smooth and slow. Feel your belly and ribcage expand outward with each breath you take. Notice yourself become a little more relaxed with each exhale.

Continue breathing slowly and gently.

Feel your shoulders become heavier with each exhale

Slowly take a breath in for the count of 4, pause at the top, and slowly exhale for the count of 4.

When you feel relaxed and ready you can remove your hand from your chest and your belly and return to your day.