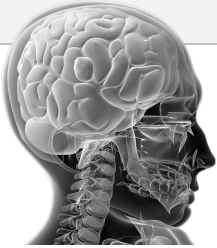


RELAXING BREATHING



If you watch someone sleeping, you will see his/her stomach rising and falling with each breath. Breathing with your stomach is the most natural and relaxing way to breathe. If you are stressed, try breathing with your stomach. The steps below explain how.

Follow these steps to relax yourself using breathing:



Breathe in through your nose, deeply and slowly, for about 4 seconds.



Breathe out through your mouth, deeply and slowly, for about 4 seconds, allowing the air to fully escape



Repeat this sequence of breathing in through the nose and out through the mouth for 30 to 60 seconds, or as long as needed.

When you do this, check to make sure you are breathing with your stomach and not your chest. Sometimes it helps if you put one hand on your stomach and one hand on your chest when you breathe; then you can watch your hands to make sure the one on the stomach is moving the most.

You will probably need to practice this to get good at it. At first, it might be hard to relax using breathing. But you will get better with practice!