

3 Breathing Exercises to Help You Relax

Deep breathing can physically relax the body.

Some people find that when they breathe deeply, their minds can let go and relax too.

Here are three breathing exercises to try: morning breathing, roll breathing, and deep breathing.

The video will show each exercise once, but when you do them on your own, plan to do each exercise a few times.

Let's start with morning breathing.

Try morning breathing when you first get up to start the day.

Or you can use this exercise anytime you feel the need to "wake up."

From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.

As you inhale slowly and deeply, roll up slowly to return to a standing position, lifting your head last.

Once you're in the standing position, hold your breath for just a few seconds.

And then breathe out completely. You can repeat this exercise as often as you'd like.

Now here's how to do roll breathing. You can do this while sitting or lying down.

Roll breathing has two steps.

For step one, begin with one hand on your belly and one hand on your chest.

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Breathe in through your nose to fill just your lower lungs.

As you inhale, the hand on your belly will rise. Your other hand should remain still.

Now breathe out slowly through your mouth, making a whooshing sound as you breathe out.

The hand on your belly will fall as the air leaves your belly.

When you practice roll breathing on your own, you can do this step 8 to 10 times before moving to step two.

Now for step two. Breathe in as you did before, but keep breathing in after your belly pushes your hand up.

Keep breathing in, and fill your lungs all the way into your upper chest.

As you're breathing in, feel the hand on your chest rise as the hand on your belly begins to fall a little.

Once you've filled your lungs, breathe out slowly as you did before.

As you breathe out, feel both of your hands fall as the tension leaves your body.

When you repeat these steps on your own, feel your belly and chest rising—and falling—like waves on the sea.

The third exercise is deep breathing.

Sit comfortably in your chair—back straight, feet on the floor.

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You'll be taking five slow breaths, and you can do more if you like.

Pay attention to each breath as the air comes in through your nose and goes out through your mouth.

Focus on your breathing by counting to yourself silently, like this: In, 2, 3, 4, 5.

And out, 2, 3, 4, 5.

In, 2, 3, 4, 5.

And out, 2, 3, 4, 5.

And in, 2, 3, 4, 5.

And out, 2, 3, 4, 5.

And in, 2, 3, 4, 5.

And out, 2, 3, 4, 5.

And in, 2, 3, 4, 5.

And out, 2, 3, 4, 5.

As you practice these three exercises regularly, you may find that they are just what you need to help you feel relaxed and more calm.