**Breathing Techniques for Stress Relief and More**

If you’re dealing with high levels of stress or anxiety, there are several types of breathing techniques that may help you feel calmer and more relaxed. It’s easy to get started. All you need is a quiet space where you can pay attention to your breathing.

Breathing exercises don’t have to take a lot of time out of your day. It’s just about setting aside time to pay attention to your breathing. Here are a few ideas to get started:

* Begin with just 5 minutes a day, and increase your time as the exercise becomes easier and more comfortable.
* If 5 minutes feels too long, start with just 2 minutes.
* Practice multiple times a day. Schedule set times or practice conscious breathing as you feel the need.

Diaphragmatic breathing (aka belly breathing) can help you use your diaphragm properly.

A [2020 meta-analysisTrusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7602530/) shows this type of breathing is particularly helpful in people with breathing challenges due to [chronic obstructive pulmonary disease (COPD)](https://www.healthline.com/health/copd), heart problems, or cancer.

It may also help reduce stress and help with challenges related to eating disorders, constipation, high blood pressure, migraine episodes, and other health conditions.

Practice [diaphragmatic breathing](https://www.healthline.com/health/diaphragmatic-breathing) for 5 to 10 minutes 3 to 4 times daily.

When you begin, you may feel tired, but over time the technique should become easier and should feel more natural.

1. Lie on your back with your knees slightly bent and your head on a pillow.
2. You may place a pillow under your knees for support.
3. Place one hand on your upper chest and one hand below your rib cage, allowing you to feel the movement of your diaphragm.
4. Slowly inhale through your nose, feeling your stomach pressing into your hand.
5. Keep your other hand as still as possible.
6. Exhale using [pursed lips](https://www.healthline.com/health/pursed-lip-breathing) as you tighten your abdominal muscles, keeping your upper hand completely still.

You can place a book on your abdomen to make the exercise more difficult. Once you learn how to do belly breathing lying down, you can increase the difficulty by trying it while sitting in a chair. You can then practice the technique while performing your daily activities.

https://www.youtube.com/watch?v=g2wo2Impnfg