Belly Breathing

Deep breathing is a simple yet powerful relaxation technique that helps reduce stress, calm the mind, and improve focus. It can be practiced while in bed before drifting off to sleep.

**Steps**

1. Find a Comfortable Position

* Sit or lie down in a relaxed position.
* Place one hand on your chest and the other on your belly.

1. Inhale Deeply Through Your Nose

* Take a slow, deep breath in through your nose.
* Feel your belly expand outward while your chest remains still.

1. Exhale Slowly Through Your Mouth

* Gently exhale through your mouth, allowing your belly to fall.
* Purse your lips slightly for controlled exhalation.

1. Repeat the Process

* Continue for 5–7 minutes, breathing deeply and slowly.
* Focus on keeping your breaths steady and natural.

**Tips for Effective Belly Breathing:**

* Breathe at a Natural Pace – Avoid forcing deep breaths; let them flow smoothly.
* Relax Your Shoulders – Keep them down to prevent tension.
* Use a Count Pattern – Try inhaling for 4 seconds, exhaling for 6 seconds for relaxation.