

# Deep Breathing Sheet

The way you breathe affects your whole body and can lead to deep relaxation.

Breathing exercises are easy to learn!  
Try it yourself.

1

Find a comfortable position in a quiet place without interruption.

2

Place your hand on your belly and count to 5 whilst taking a deep breath through your nose.

3

Feel your hand on your belly as you expand your breath. Breathe out through your mouth with a big sigh.

4

Do this breathing exercise 3 to 10 times and take your time with each breath.