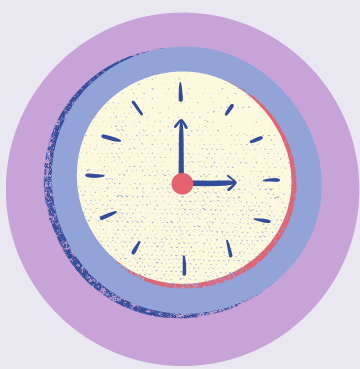


Breathing Techniques



What are breathing techniques?

- This involves a voluntary change in rate, quality, and pattern of respirations.
- It works by reducing heart rate and blood pressure or sympathetic activity from the nervous system.

Belly Breathing



Step 1

Place one hand on your stomach

Step 2

Inhale through your nose for 4 seconds

Step 3

Pretend your belly is a balloon and make it push your hand

Step 4

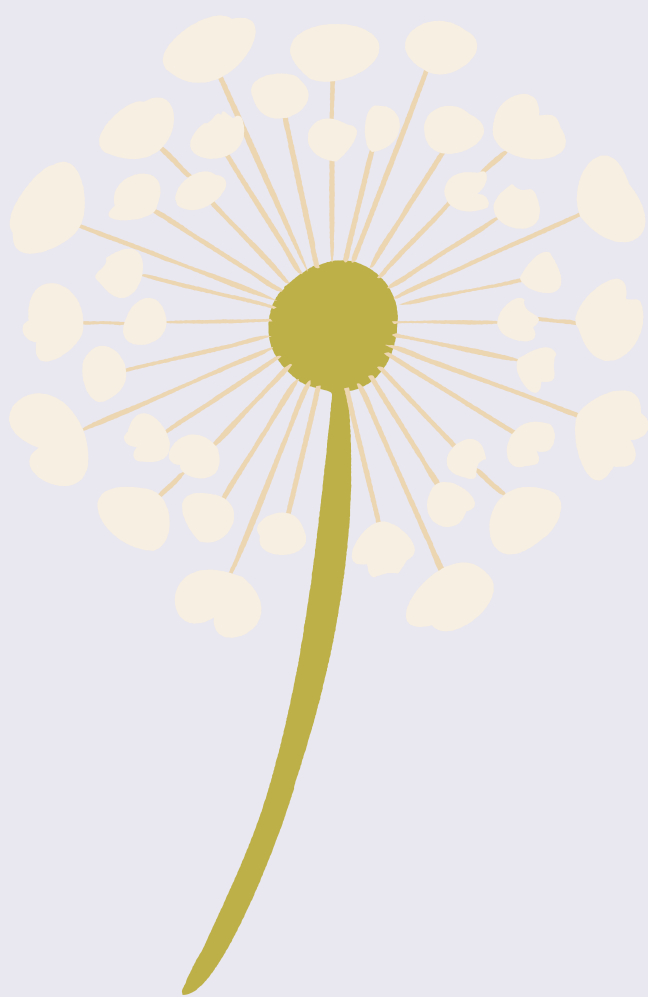
Hold your breath for 2 seconds

Step 5

Exhale for 4 seconds

zzz

Dandelion Breathing



Step 1

Imagine you have just picked a dandelion

Step 2

Inhale through your nose for 6 seconds

Step 3

Hold that breath for 2 seconds

Step 4

Breathe out, through the mouth, for 6 seconds

Step 5

Imagine you are blowing out a dandelion

zzz