

## Breathe deeply to relax

“Deep breathing is a good way to relax.”<sup>1</sup> In our society of slim model images, we tend to hold in our stomachs and breathe shallow breaths.<sup>2</sup> “Deep breathing can be an easy way to take a short break and relax. Try it a couple of times every day. Here’s how to do it.

1. Lie down, or sit in a chair.
2. Rest your hands on your stomach.
3. Slowly count to four, and inhale through your nose. Feel your stomach rise. Hold it for a second.
4. Slowly count to four while you exhale through your mouth. To control how fast you exhale, purse your lips like you’re going to whistle. Your stomach will slowly fall.
5. Repeat five to 10 times.”<sup>1</sup>

### Source:

1. Office on Women’s Health, U.S. Department of Health and Human Services (2005). Stress and your health [on-line]. Retrieved June 19, 2008. From <http://womenshealth.gov/faq/stress.htm>.
2. Harvard Medical School (2007). Breathing techniques help control stress. *Harvard HEALTHBeat* e-newsletter. Retrieved December 22, 2007.



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