



COURAGEOUS
WORKFORCE

DEEP BREATHING - BELLY BREATHING

DIRECTIONS FOR PRACTICE IN THE WORKPLACE

SUGGESTIONS

- Use diaphragmatic breathing 3 to 4 times a day
- If an individual has difficulty, they can lay down on their back to assist with the practice

DESCRIPTION

- A basic breathing technique that involves breathing in through the nose to bring as much oxygen as possible into the lower abdomen to fully exchange it with outgoing carbon dioxide.

INSTRUCTIONS

Sit or lie in a comfortable position.

Put one hand on your belly just below your ribs and the other hand on your chest.

Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.

Breathe out through pursed lips

- Used to slow down breathing. Pucker lips before exhaling. Let air out slowly through your lips.

Feel the hand on your belly go in and use it to push all the air out.

Do this breathing 3 to 10 times. Take your time with each breath.

Notice how you feel at the end of the exercise.



DEEPER DIVE

For videos, podcasts, visuals and other learning materials, take a deeper dive.

These materials serve the needs of various types of learners.