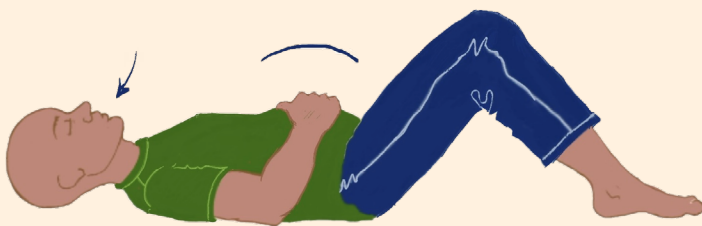
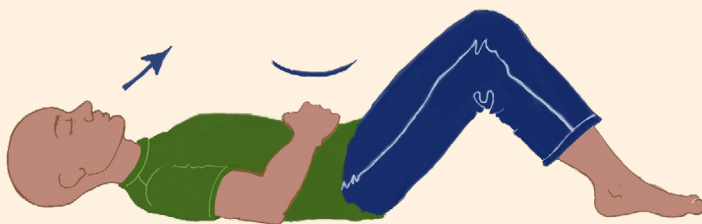


- To relax the body and help with sleep
- To ease the mind, calm racing thoughts
- Helps to reduce stress and anxiety



1. **Hands on belly** (lying down, sitting or standing).

2. **Breathe in through nose.** Let belly inflate - growing bigger like a balloon.



3. **Breathe out.** Notice your belly relax.

4. **Repeat for 10 breaths** or for as long as you like.

Cautions

- Do not do this after a meal.
- If it does not feel good, stop.
- Try not to over breathe or exert. Breathe at your normal pace.

Tips

- Can do anytime, anywhere (standing, sitting or lying down).
- Breathe through nose if you can.
- Try to relax shoulders and jaw.