

Deep Breathing Exercises.

We breathe naturally, but there are revving up ways to breathe and calming ways to breathe.

Revving up breaths -

- These often happen normally when we experience a negative feeling.
- It starts by more or less holding our breath and breathing using our upper body.
- Think of the last time something happened that really frightened you.
- Most likely, you caught and held your breath for a few seconds. When you began to breathe again, you took quick, short breaths.

Calming down breaths

How to breathe from your belly? Try this:

1. Stand at ease.
2. Place both of your hands on your stomach.
3. Imagine your stomach is a balloon.
4. Breathe in and imagine you are filling that balloon with air.
5. Breathe out and imagine the balloon collapsing.

Or: Here is another way to learn this one. Do this in bed before falling asleep.

1. Lie on your back.
2. Put a book on your abdomen.
3. Breathe as you normally do.
4. Watch the book and see if it raises as you breathe in or out.
5. Experiment with learning to raise the book as you breathe in.
- 6.

Parenting/Care Provider tip: Do this together! Modeling the activity will increase the chances that everyone will follow along.