

Belly Breathing

(Diaphragmatic Breathing)

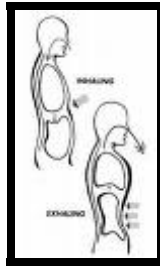
BELLY BREATHING:

- Sit in a relaxed, comfortable position, with your:
 - back straight
 - feet flat on the floor
 - hands flat on your lap.
- Relax your shoulders, jaw and face.
- Keep your shoulders back to allow your lungs to expand.
- Relax your eyes. You can choose to:
 - Close your eyes
 - Keep your eyes open, with your head up and your eyes focused on the floor
- Now gently place one hand on your belly (the part of your belly that is between the bottom of your ribcage and your belly button/ navel).
- Take a deep breath in through your nose as you expand your belly. Let it expand like a balloon.
- Now slowly let out the breath, through your nose or mouth, pulling in your belly muscles, and “deflating the balloon”. Press all the air out of your lungs.
- Continue breathing in and out as your belly rises and falls. Establish a natural rhythm.



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Why Practice Belly Breathing?

(Diaphragmatic Breathing)

- Breathing is the most basic function of human life.
- The more air we take into our lungs as we breathe, the more relaxed we tend to be. This is how breath works in the body.
- In the same way, the state of the body, mind and emotions can be clearly seen in the breath *pattern*:
 - √ Have you ever noticed that when you are angry or upset your breath become short and shallow?
 - √ Long, slow breaths, on the other hand, will relax and calm you.

Relaxation is a process of becoming calm and still. Deep breathing is an important part of learning to relax.

Some Benefits of Deep Breathing

- Releases tension.
- Deepens relaxation.
- Increases emotional control.
- Increases clarity of mind.
- Increases power of concentration.
- Brings oxygen to cells.
- Promotes general good health.
- Helps with better sleep.

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