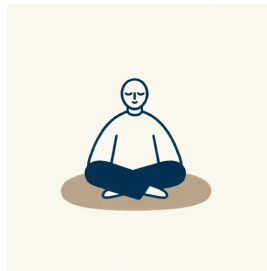




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Mental and Behavioral Health Services

Deep Breathing Instructions



Step 1: Sit or Lie Down in a Comfortable Position

Find a spot where you can sit or lie down comfortably. Make sure your back is straight and your body is relaxed.

Step 2: Put One Hand on Your Chest and the Other on Your Stomach

Place one hand on your chest and the other on your stomach. This will help you feel your diaphragm move as you breathe.

Step 3: Slowly Breathe in Through Your Nose, Letting Your Stomach Push Your Hand Up. The Hand on Your Chest Shouldn't Move Much.

Take a slow, deep breath in through your nose. Focus on letting your stomach push your hand up. Your chest should remain relatively still.

Step 4: Breathe Out Slowly Through Your Mouth, Feeling Your Stomach Go Down

Gently breathe out through your mouth, feeling your stomach fall as you exhale. Try to keep your hand on your chest as still as possible.

Step 5: Repeat This Process 3-5 Times or Until You Feel Calmer

Continue this deep breathing cycle 3-5 times or until you feel a sense of calm and relaxation.