

ABDOMINAL BREATHING

Find a comfortable chair that allows you to sit upright with your spine straight and both feet on the floor. With your eyes closed, follow these 5 steps:

- Inhale slowly and deeply (through your nose) into your abdomen to a slow count of 4 (feel your abdomen expand).
- Pause for a couple of seconds.
- Exhale (through your nose or mouth) to a slow count of 5 (feel you abdomen contract).
- Pause for a couple of seconds.
- Repeat this cycle for 10-15 minutes.

Make sure that your mouth, tongue, and jaw are relaxed while doing this exercise. If your mind wanders, bring it back to the count. You can also do this exercise lying down.