



# Simple Breathing Exercises for Stress Relief

Breathing techniques can be incredibly helpful for managing stress and anxiety. Practicing deep breathing and breath focus can lead to a calmer, more relaxed state.

## Deep Breathing

This simple technique relieves stress and anxiety by helping you breathe more fully. Here's how:

- **Find a quiet space** where you can focus on your breathing without distractions.
- **Get comfortable.** Lie on your back in bed or on the floor with a pillow under your head and knees—or sit in a chair with your back supported.
- **Place one hand on your stomach and the other on your upper chest.**
- **Slowly inhale through your nose, feeling your stomach rise.**
- **Exhale slowly through your nose, feeling your stomach lower.** Keep the hand on your chest as still as possible.
- **Repeat.** Take three more full, deep breaths. Focus on breathing fully into your stomach as it rises and falls.

## Enhance your relaxation with breath focus:

To practice breath focus, close your eyes and take deep breaths. Imagine the air filling you with peace as you inhale and stress and tension leaving your body as you exhale. Continue for 10-20 minutes for full benefits.

Breathing exercises don't have to take a lot of time out of your day. You can achieve heightened relaxation and calmness by setting aside just 5-10 minutes every day.



Call **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m. We can match you with a mental health specialist in your area or help you find addiction treatment.

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