

## Diaphragm Breathing or Belly Breathing

Proper **breathing** starts in the nose and then moves to the **stomach**. As your diaphragm contracts, the **belly** expands and your lungs fill with air. It is a very efficient way to **breathe**, as it pulls down on the lungs, creating negative pressure in the chest, resulting in air flowing into your lungs.

### Diaphragmatic Breathing Instructions

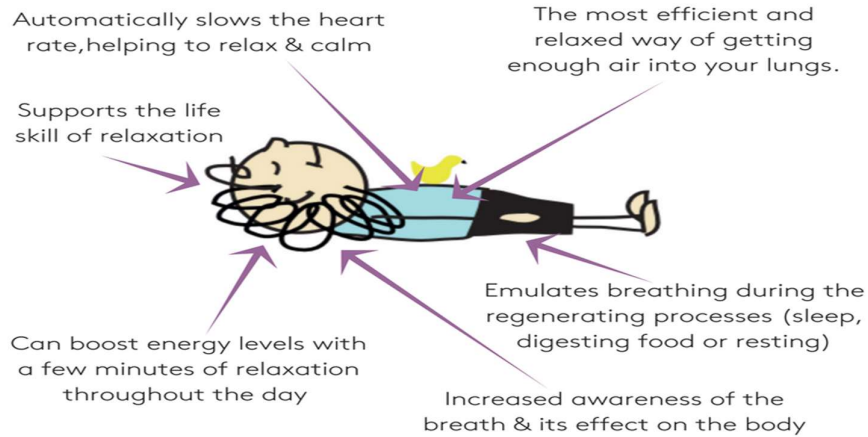
The most basic type of diaphragmatic breathing is done by inhaling through your nose and breathing out through your mouth.

Here's the **basic procedure** for diaphragmatic breathing:

1. Sit in a comfortable position or lie flat on the floor, your bed, or another comfortable, flat surface.
2. Relax your shoulders.
3. Put a hand on your chest and a hand on your belly.
4. Breathe in through your nose for about two seconds. You should experience the air moving through your nostrils into your abdomen, making your stomach expand. During this type of breathing, make sure your stomach is moving outward while your chest remains relatively still. However do not force your breath and you will notice that if you can relax your body your breathing will naturally deepen.
5. Purse your lips (as if you're about to drink through a straw), rest your hand gently on your belly, and exhale slowly for about two seconds. It may help to send your attention down to your belly as you breath out.
6. Repeat these steps several times for best results.

Youtube Link : <https://www.youtube.com/watch?v=xQJ2O4b5TM>

# Belly breathing



## Diaphragmatic Breathing Benefits

Diaphragmatic breathing has a ton of benefits. It's at the centre of the practice of meditation, which is known to help manage the symptoms of conditions as wide-ranging as irritable bowel syndrome, depression and anxiety, feelings of panic and sleeplessness .

Here are more benefits this type of breathing can have:

- It helps you relax, lowering the harmful effects of the stress hormone cortisol on your body.
- It lowers your heart.
- It helps lower your blood pressure.
- It helps you cope with the symptoms of post-traumatic stress disorder (PTSD).
- It improves your core muscle stability.
- It improves your body's ability to tolerate intense exercise.
- It lowers your chances of injuring or wearing out your muscles.
- It slows your rate of breathing so that it expends less energy.

One of the biggest benefits of diaphragmatic breathing is reducing stress. Being stressed keeps your immune system from working at full capacity. This can make you more susceptible to numerous conditions. And over time, long-term (chronic) stress, even from seemingly minor inconveniences

like traffic when you are driving, day to day issues with loved ones, or other daily concerns can cause you to develop anxiety or depression. Deep breathing exercises can help you reduce these effects of stress. The more you can practice, the better chance there is of gaining the benefit so find a quiet time and space to do this exercise on a regular basis.