



**Elgin Community College
Wellness Services**

Deep Breathing Exercise ~ 2 Minutes

Deep Breathing Exercise

Angela Ogburn: The capacity to relax is at the foundation of any stress reduction program. In this podcast, follow along with this deep breathing exercise to decrease your stress and tension.

Let's begin by placing one hand on our abdomens, right beneath the rib cage.

Inhale slowly and deeply through your nose into the bottom of your lungs. If you're breathing deeply from your abdomen, your hand should rise. Your chest should move only slightly while your abdomen expands.

When you've taken in a full breath, pause for a moment, and then exhale slowly through your nose or mouth. Be sure to exhale fully. As you exhale, allow your whole body to just let go. Visualize your arms and legs going limp, like a rag doll.

Do five slow, full abdominal breaths. Try to keep your breathing smooth and regular. Remember to pause briefly at the end of each inhalation. Count backwards from five down to one with each exhalation. The process should go like this:

Inhale slowly [short pause], exhale slowly [short pause] – "five".

Inhale slowly [short pause], exhale slowly [short pause] – "four".

Inhale slowly [short pause], exhale slowly [short pause] – "three".

Inhale slowly [short pause], exhale slowly [short pause] – "two".

Inhale slowly [short pause], exhale slowly [short pause] – "one".

Feel free to use this exercise any time you begin to feel stressed or tense. If you feel like you need additional breaths, start with 10 and repeat as needed.