

Diaphragmatic Breathing

- Close your eyes or lower your gaze
- Bring your attention to your breath. Take x3 breaths in and x3 breaths out – notice the sensations of your breath.
- Take a deep breath in through your nose and try and direct the breath down towards your stomach and pelvis.
- Look for a feeling of your ribs widening, your tummy muscles expanding and your pelvic floor lengthening and elongating.
- As you breathe out notice everything deflating.
- If it feels right place x1 hand on your chest and x1 hand on your stomach and see where you feel the breath most and if you are getting the breath into the stomach.
- On your next out breath try checking for any areas of tension you may be holding in your body.
- Your jaw, shoulders, tummy or pelvic floor muscles. Can you soften them?
- Count how many seconds you breathe in for and try making the out breath longer than the inhale.
- Aim for 5 of these breaths to start with, then you can slowly increase the amount of time you spend doing this and how many times a day you incorporate this.
- **You can do these breathing exercises in any position.**
- **Lying flat with a pillow under your knees is a nice relaxing position to try whilst you get used to trying this.**
- **This type of breathing can help reduce our level of stress, decrease tension and get your diaphragm, abdominal wall and pelvic floor muscles moving synergistically together.**