

Relaxation

Diaphragmatic Breathing

Diaphragmatic Breathing, or deep breathing, is breathing that is done by contracting the diaphragm, a muscle located horizontally between the tho-racic cavity and abdominal cavity. Air enters the lungs and the chest rises and the belly expands during this type of breathing.



How to do it:

- 1** Place one hand on your chest and one hand on your stomach
- 2** Breathe in and allow your stomach to swell. The tummy-hand should feel a pronounced rise and fall whereas the chest hand should move very little, if at all. Imagine you have four lungs: two in your chest and two in your stomach area. Imagine the 'lungs' in your stomach are fill-ing with air
- 3** Slowly breathe out. Imagine the 'lungs' in your stomach are deflating
- 4** Repeat this to a regular rhythm.

Information provided by:

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