

# DEEP BREATHING 101

Take a few deep breaths to find your calm and boost your performance!

## Relaxation is just a breath away!

Breathing seems like such a basic thing to do, but if we really pay attention to how we breathe, it can improve our mental health, physical health, and our performance. Use your breath to be your best.

## GETTING STARTED



Find a comfortable seated position. If you select to sit in a chair, make sure both feet are on the ground and your hands are in your lap.

Feel free to practice deep breathing laying on your back as well!

## TAKE DEEP BELLY BREATHS

- 1 Take a breath. Most people initially breathe with their lungs, but the relaxing breathing is with our stomach.
- 2 Place one hand on your stomach and breathe in so deeply that your lungs fill and your belly expands!  
Once you have figured out how to allow your stomach to expand, you're ready.
- 3 Take a slow breath in through the nose, breathing into your lower belly (for about 4 seconds).
- 4 Hold your breath for 1 or 2 seconds.
- 5 Exhale slowly through the mouth for about 4 seconds. Wait a few seconds before taking another breath.



## DEEP BREATHING FOR PERFORMANCE SITUATIONS



Athletes use deep breathing to increase concentration when it counts!



Performing artists, like actors, use deep breathing to relax before an audition.



Deep breathing can calm you before a big presentation, or that conversation with your boss about a raise.

**!** For deep breathing to be effective in performance situations, regular practice is necessary before you are in the situation!

## TAKE IT TO THE NEXT LEVEL



Add a calming image of a place you would feel relaxed (like the beach).



Think kind words or a mantra to yourself or other people.



Take some time to breathe on a daily basis!

## SOURCE

Chart is informed by the National Institutes of Health

Infographic created by



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