

BREATHING TECHNIQUES

Diaphragmatic Breathing:

1. Sit or lie down in a position that feels most comfortable to you. Relax your body.
2. Place one hand on your upper chest and the other on your belly.
3. Breathe in deeply through your nose for 4 seconds. Feel this breath reaching your belly. Let your hands move according to the flow of your breath. *If you notice that your hand on your belly moves more than your hand on your chest, you're doing this right!*
4. Exhale through pursed lips for 6 seconds, such that you are blowing through a straw. Feel the movement of your belly deflating. Initially, even this slight change in breathing can feel somewhat tiring. But with practice and gradual increase in frequency, it will become easier and bring about calmness in everyday life.

*Try doing this technique for 5 to 10 minutes,
3 to 4 times a day whenever you feel
overwhelmed or just need a moment.*

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Diaphragmatic Breathing:

Relaxation but geometry edition, building your shield against stress one side at a time.

1. Sit upright comfortably, paying attention to your posture.
2. Inhale through your nose for 4 seconds. Imagine the first side of a square forming.
3. Hold your breath for 4 seconds. The second side of the square is coming up now.
4. Exhale through your mouth for 4 seconds. Picture the third side of the square. This time, imagine that all your tension is getting trapped in your box.
5. Hold again for 4 seconds. Your square is complete. All your tension is within this box now. You can throw it away now. Or push it off a cliff. Or karate chop it. You can be as creative as you like.

Try doing this 4 times in one sitting, multiple times throughout the day.

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Humming Bee Breathing:

This technique is rooted in our age-old Indian tradition of Bhramari, let's try it out?

1. Sit quietly and close your eyes lightly.
2. Close your eyes and ears by keeping your thumbs over your ears and covering your eyes using your middle and ring fingers. Rest your index finger lightly, right above your eyebrows and your little fingers right below your eyes, on your upper cheeks.
3. Take a deep breath through your nose.
4. As you exhale, gently and steadily hum - Mmmmmmm, like a bee. Feel the vibrations in your face and head.

Try this technique to calm your racing thoughts and sharpen your focus. This also helps relieve stress related headaches.



Mindful breathing can help you in the moment

*But sometimes we need more care & support
for what we are going through*

**Reach out to Saath Mental Health
and Connect with a therapist now!**