

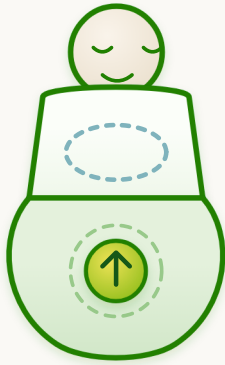
THE FOUNDATION BREATH

# Diaphragmatic *breathing*

The foundation most other breathing techniques build on. Worth learning properly once, and useful anywhere.



## CHEST STAYS SOFT



## BELLY RISES MORE

## How it works

- 1 One hand on your **chest**, one on your **belly**.
- 2 **Inhale** slowly through your nose so the belly hand rises more than the chest hand.
- 3 **Exhale** slowly through your mouth.

*Repeat for 2 to 3 minutes.*

## WHEN TO USE IT

Any time, at home, at a desk, or lying down. It's also good practice for a habit that makes the other techniques in this series easier.

## WHY IT HELPS

Shallow chest breathing tends to keep the body in a more alert state. Belly breathing engages the body's natural calming response.

*Practise this one when you're calm, not only when you're stressed, so it's already familiar when you actually need it.*

— One breath at a time is enough. —

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