



BREATHING EXERCISES

Simple ways to calm your mind and body

Your breath is always with you. Using it on purpose can help your body relax, lower stress, and feel more in control.

Try these easy breathing exercises anytime you need a moment to reset.

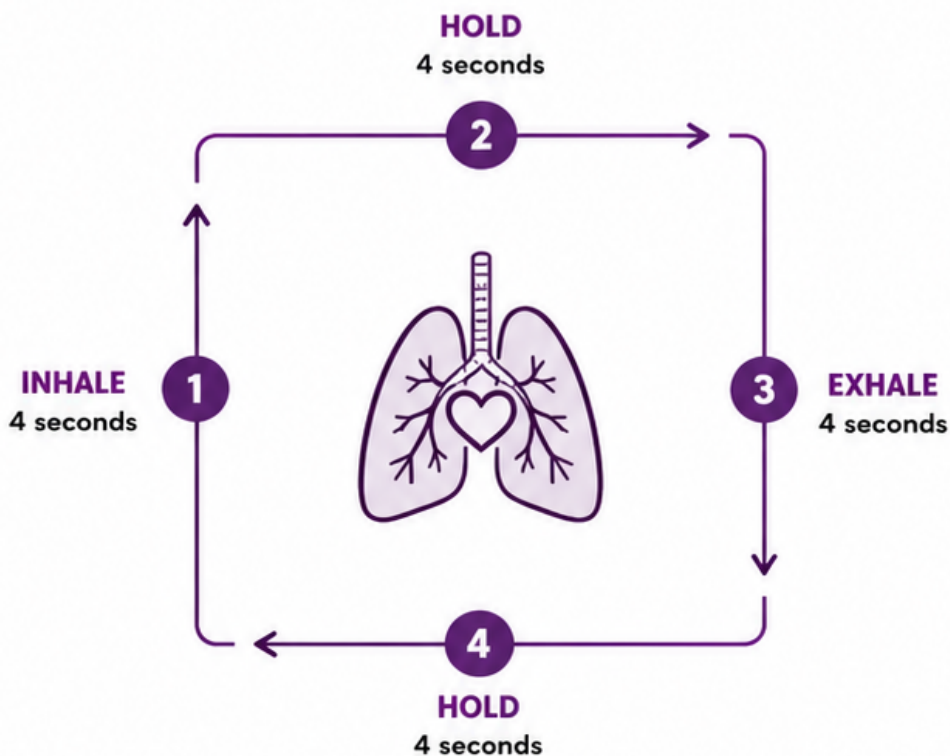


1. 4-4-4-4 BOX BREATHING

This calming technique helps slow your breathing and quiet your mind.

- 1 Breathe in through your nose for a count of 4.
- 2 Hold your breath for a count of 4.
- 3 Breathe out through your mouth for a count of 4.
- 4 Hold your breath for a count of 4.

Repeat 4–8 times or as needed.



OTHER BREATHING IDEAS TO TRY



BELLY BREATHING: Place one hand on your chest and one on your belly. Breathe in slowly through your nose and feel your belly rise. Breathe out through your mouth and feel your belly fall.



OCEAN BREATH: Inhale through your nose. Exhale slowly through your mouth making a soft “haaaa” sound like ocean waves.



BREATHE WITH A COUNT: Inhale for 4, exhale for 6. Try extending your exhale to help your body relax.

TIPS TO REMEMBER



- There is no right or wrong way to breathe.
- Go at a pace that feels comfortable for you.
- It's normal for your mind to wander. Gently bring your focus back to your breath.
- Practice a little each day. Every breath is a fresh start.



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