



Breathwork Handout: Belly Breathing

Belly breathing (also called diaphragmatic breathing) helps calm the nervous system and reduce anxiety. It's a simple way to reconnect with your body and find a sense of peace.

How to Practice

1. Sit or lie down in a comfortable position.
2. Place one hand on your chest and the other on your belly.
3. Inhale slowly through your nose, letting your belly rise.
4. Exhale gently through your mouth, feeling your belly fall.
5. Continue for 5–10 breaths, noticing how your body feels.

Reflection

When I practice this breath, I feel...
