

BREATHING EXERCISE

When a person is anxious or nervous, blood vessels tend to constrict or shrink in size, thereby reducing the blood flow to the brain as well as the rest of the body. When a person is relaxed, vessels dilate, allowing more blood and oxygen to flow through the body. More oxygen = better relaxation. This process can be used to help you anytime you need to relax.



1. Press your thumb into the center of your palm.
2. **Take a soft, slow deep breath...filling your belly with the breath... Hold it** for a few seconds....
3. **Blow the air out slowly through your mouth ...** Let your shoulders drop... Allow your jaw to relax and **feel** your body relax ...feel the stress evaporate from your mind and your body as you exhale.
4. **Repeat** three times and then breathe normally.

POINTS TO REMEMBER!

Use this exercise on a daily basis (at least three times a day) to condition yourself to feel relaxed. The more you work with this exercise, the more it works for you.