



Breathing Techniques

MAY IS MENTAL HEALTH AWARENESS MONTH



Breathing techniques you can use next time you are stressed or feeling anxious.

Box Breathing

Box breathing is a simple technique that a person can do anywhere. To try box breathing, sit with your back supported in a comfortable chair and your feet on the floor. Close your eyes and breathe in through your nose while counting to four slowly, feeling the air enter your lungs. Hold your breath while counting slowly to four, trying not to clamp your mouth or nose shut. Slowly exhale for four seconds. Wait four seconds and repeat at least three times.

Simple Deep Breathing

The goal of simple deep breathing is to breathe deeply into your belly without forcing it to fill with air. Breathe in through your nose, counting from one to five. Exhale slowly through your nose, counting from one to five again. Continue the breathing exercise for at least five minutes.

4-7-8 Breathing

Relaxing breath, or the 4-7-8 breathing exercise, is a quick way to calm the nervous system and help you fall asleep. Sit down with your spine straight. Place your tongue tip against the ridge behind your upper front teeth. You'll keep this for the exercise duration. Close your mouth and inhale slowly to a count of four. Hold your breath for a count of seven. Exhale fully, making a "whoosh" sound to a count of eight.

Mindfulness Deep Breathing

Mindfulness deep breathing involves intentionally bringing awareness to the breath without trying to control the situation. Choose a pose that feels right for you. Place a palm on your belly if it helps keep focus. Close your eyes or keep a soft, unfocused gaze. Breathe in slowly for a few counts, being mindful of the hand rising. Hold the air in your lungs for a short pause. Exhale slowly, paying attention to your hand falling. Notice how different the inhale and exhale feel.

To speak to someone at Easterseals MORC, call 1.800.75.SEALS.

If you or a loved one is experiencing a mental health emergency, call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org).

Source(s): [Medical news Today](#), [Very Well Health](#)



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