



RICHLAND COMMUNITY COLLEGE

Teaching and Learning Support Services

Learning Accommodation Services

Abdominal or Diaphragmatic Breathing

Place one hand on your chest and the other on your abdomen. Inhale slowly, imagining that you are inflating your lungs by breathing through the soles of your feet. Watch your lower hand move up (that is, the abdomen moves outward with inhale). Do not pause or hold your breath. After inhale, exhale smoothly, without pause, watching your lower hand move down (i.e., abdomen moves back inward with exhale). Do not pause after exhale. (There will be an apparent pause, as though you're not breathing, as you let all the air out, but do not hold your breath.) Your upper hand should not move much (your chest should be relatively still) during this entire exercise. As you relax you will breathe slower. Breathe as slow as you feel comfortable with the breathing.

Practice: 15 minutes of inhale-exhale 3 times per day.

To help your mind relax say a phrase to yourself such as:

“I feel warm and heavy”

“My mind is calm and serene”