

# Relaxation Breathing Exercises



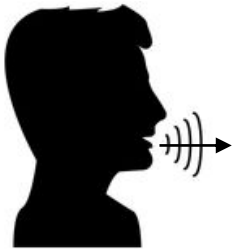
Sit up straight with both feet flat on the floor



Relax your body.



Slowly inhale through your nose (fill your belly up with air)



Slowly exhale through your mouth (empty your belly slowly)

\*Wait a few seconds and repeat

\*After you are able to focus on breathing try to speak slowly while exhaling