Abdominal Breathing
De-stress with some deep breaths...

1. Lie down with your knees bent and head supported. Place a hand on your chest and below your rib cage.

2. Breathe in slowly through your nose. Feel your stomach moving out, while chest remains still.

3. Clench your stomach muscles, feel them fall inwards. Exhale through pursed lips, while chest remains still.

You’ve got this. We’ve got you!

Content adapted from: Cleveland Clinic. Diaphragmatic Breathing. Retrieved April 2020, from https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing