



TIPS AND TRICKS FOR BETTER BREATHING

1

Stand up straight,
or sit down with your
back straight.



2

Place your hands
on your belly.



3

Take 4 seconds to
breathe in slowly
through your nose.



4

When you're breathing in, you should
feel your belly filling up with air like
a balloon.



5

Breathe out slowly all the
air through your nose.



6

When you're breathing out,
focus on how relaxed you
are feeling.

