



## **Belly Breath (Diaphragmatic Breathing)**

Hey Wellness Warriors,  
Welcome to an exploration of belly breath...

When we're born, we naturally breathe deeply into our bellies. One of the ways stress impacts our bodies is it changes the way we breathe... when there's fear, the breath stops (gasp), when there's anger, our breath quickens (example), when there's sadness (sigh). Belly breath, or diaphragmatic breathing, is a practice of returning to our most natural and relaxed way of being. Breathing deeply and fully..

Let's begin...

If possible and safe, let's make our way to lying on our back. This position allows the rest of our body to relax while we focus on the movements of our chest and stomach.

If lying down isn't right for today, What shape will make me feel most comfortable, safe and supported? Let's honor our needs by supporting ourselves with pillows or a wall...

Let's move from the outside, in.

If possible and safe, I might close my eyes. Or turn my gaze downwards.  
Taking a moment to sense my surroundings. Bring ourselves into the physical space around us...

What sounds can I hear? What smells are present? What can I feel right now as I rest here?

Now I might notice my body... gently scanning from head to toe... without judgement or labeling anything as "good" or "bad"... Noticing any places that need support. Can I honor those needs? What adjustments can I make in this moment?

In the quiet I might notice my present state of mind...

What thoughts come to the surface?

Can I give myself permission to use these next few moments on myself and come back to these thoughts later?

Let's place one hand on the chest, the other on the stomach  
And without changing anything,  
I might begin to notice my breathing.

Where is my breath located in my body, right now?  
Is my breath shallow, and in the chest,  
or maybe deeper and in the belly?

Just witnessing...No judgement.

Is my breath choppy or strained, in this moment?  
Or does it move smoothly in and out of the lungs?

Just witnessing... so I can tend to my needs...

Is the length of my inhale the same as my exhale?

What is the space between my inhale and exhale? Is there a pause? Or does my breath move smoothly between them?

Can I hear the sound of my breath in this moment? Or is it quiet?

As I notice, I do not need to change anything.  
I can take my time deepening the breath.  
I can honor my body's intuition and experience and return to a natural rhythm

Just breathing.  
Just breathing...

Now, we begin to count the length of our inhale...  
Extending our exhale to ground us...

...

...

Inhaling for a count of 4...  
Exhale for a count of 6...

...

In for 4...

Out for 6...

...

Breathing...

...

Experiment with an inhale of 4...

Exhale 7...

If this pace feels comfortable, we might experiment with our exhale twice as long as our inhalation.

Inhale (1,2...4)

Exhale (1,2...8)

...

Breathe in, focusing on expanding the belly.

...

As I breathe out, gently pull the belly button in towards the spine. To fully exhale...

Belly rises... belly falls.

As I breathe I find a count that feels good for me and my body...

Witnessing my inhale

Witnessing my exhale...

You can always return here.

This breath, this peace, is yours.

It always has been. It always will be...

All we have to do... is remember to breathe...

Thank you for visiting The Well Healing.

Take good care