

Belly Breathing

coping skill

Belly breathing helps you cope with difficult emotions. To learn how, follow the steps below.

Get ready: Lie down on your back or sit up straight. Rest your hand on your belly.

1 Breathe In



Slowly breathe in through your nose, letting your belly expand outward.

2 Pause



When your belly is full of air, hold your breath and silently count to three.

3 Breathe Out



Slowly breathe out through your mouth, like you're blowing through a straw.

4 Repeat



After breathing out all the way, repeat the steps four more times.

💡 Practice Tip

Try to use belly breathing several times a day, especially when you feel upset or stressed.