

Controlled Breathing

What is it?

It is a way of breathing that encourages the use of our main breathing muscle—the diaphragm—and controls the pace of our breaths.

How to do it:

1. Fold your hands across your abdomen.
2. Relax your shoulders.
3. Gently breathe in through your nose and feel your abdomen rise as you do so.
4. Breathe out through pursed lips. Do not force the air out.
5. You should feel your abdomen move in during your breath out.

Information:

- Breathing in through your nose helps to heat, humidify and filter the air.
- Breathing out through pursed lips helps to keep the airways open.

Breathe in through your **nose**.



Feel your abdomen rise.



Breathe out through **pursed lips**.

