



Health practice: Breathing exercises

The way you breathe affects your whole body. Breathing exercises may be a good way to relax, reduce tension, and relieve stress.

Belly breathing

1. Sit in a comfortable position.
2. Put one hand on your belly right below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in and use it to push all the air out.
5. Repeat 3-10 times. Take your time with each breath.
6. Notice how you feel at the end of the exercise.

Advanced breathing exercises: 4-7-8 breathing

1. Sit in a comfortable position.
2. Put one hand on your belly right below your ribs and the other hand on your chest.
3. Take a deep, slow breath from your belly (as in the belly breathing exercise), and silently count to 4 as you breathe in.
4. Hold your breath, silently count from 1 to 7.
5. Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8.
6. Repeat 3 to 7 times or until you feel calm.



Sources:

1. National Eczema Foundation. <https://nationaleczema.org/blog/4-7-8-breathing-exercise/>. 2024. Accessed November 2025.

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