

# What is Belly Breathing?

Belly breathing is a special and easy way of breathing that can help you feel calmer.

## How do I do belly breathing?

Follow these simple steps:

- Slowly breathe in for the count of 1-2-3. As you breathe in, think of a balloon in your belly filling with air. Push your belly out. Your belly should get bigger.
- Hold your breath for a fast count of 1-2-3
- Slowly breathe out for the count of 1-2-3. As you breathe out, think of a balloon in your belly losing its air. Pull your belly in. Your belly should get flatter.
- Hold your breath for a fast count of 1-2-3

## When should I do belly breathing?

Belly breathing works best if you do it every day for at least five minutes. You can also do it when you feel stressed.

## How can I remember to do belly breathing every day?

- Do it at the same time every day. For example, do it right after you brush your teeth in the morning. You can even tie a string around your tooth brush to help remind you.
- Tell a friend or family member about belly breathing and ask them to help you remember. Better yet, ask them to do it with you.
- Set an alarm to go off at a time you are usually at home and have time to do belly breathing.

## Who do I contact if I have questions or problems?

If you have questions call the clinic at 970.625.1100.

- Special instructions: \_\_\_\_\_  
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