**Diaphragmatic Breathing Exercise**

1. Place one hand over your chest, and the other hand over your stomach.
2. Breathe
3. While you breathe, try to concentrate on your belly going out when you inhale, and going in when you exhale. This is how you will know if you’re fully extending your diaphragm and getting a deep breath.
4. When your mind wonders, gently pull your thoughts back to your breathing.
5. If concentrating on your breath is too “intense”, try gently bringing your mind back to focus on your belly extending and contracting.
6. Practice this at least once daily when not in a “stressful” situation- the more we practice, the easier it is to remember to do when we’re in a stressful situation.