

# Diaphragmatic Breathing

A simple technique to calm your mind and body

## How to Practice

### 1 Get Comfortable

Sit or lie down.  
Relax your shoulders and body.

### 2 Breathe In (4 seconds)

Slowly inhale through your nose.  
Let your belly rise (not your chest).

### 3 Pause (2–3 seconds)

Gently hold your breath.

### 4 Breathe Out (6+ seconds)

Slowly exhale through your mouth. Let your belly fall.  
The longer you exhale, the more your body relaxes.

### 5 Repeat

Continue for 5–10 breaths, focusing on the rhythm.



### Helpful Tip

Place one hand on your chest and one on your stomach. Aim for your stomach to move more than your chest.



### Focus Tip

As you breathe in, focus on the air entering through your nose.

- As you breathe out, imagine you can see your breath leaving your body—like warm air on a cold day.



### Why It Helps

- Calms the nervous system
- Reduces stress and anxiety
- Improves focus and clarity



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