

Diaphragmatic Breathing

Before starting, rate your emotion (how you are feeling) on a scale of 0 to 10, where 0 is not intense at all and 10 is very intense. Then practice the exercise.



Place one hand on your chest and the other hand on your stomach.



Now breathe in, and as you breathe in, try to make the hand on your stomach move outwards while the hand on your chest is still. Then, as you breathe out, focus on having your hand on your stomach move inwards, towards you.



As you breathe in, count to 4. Then, hold the breath for a second, and count to 6 while you breathe out. So, breathe in 1, 2, 3, 4, hold, and breathe out, 1, 2, 3, 4, 5, 6. Good, now try two more. In, 1, 2, 3, 4, hold, and out, 1, 2, 3, 4, 5, 6. And in, 1, 2, 3, 4, hold, and out, 1, 2, 3, 4, 5, 6.



Breathe: Now try 20 breaths on your own where 1 full breath includes an in-breath and an out-breath. Count 4 counts in and 6 counts out just like you practiced. If you lose count of the number of breaths, just guess where you are and go from there.

Check in with how you are feeling after 20 breaths. How intense is your emotion now on a scale of 0-10? Did it decrease at all?

Adapted from Beck Institute for Cognitive Therapy [beckinstitute.org](https://www.beckinstitute.org)

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