

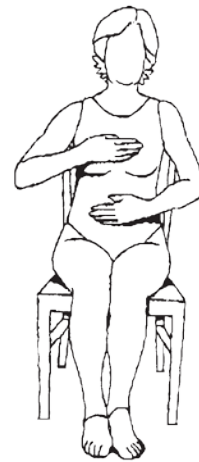
Diaphragmatic Breathing

The quickest and easiest way to bring about relaxation response is through **diaphragmatic breathing** (also known as abdominal or belly breathing). How is this done?

Inhale slowly through your nose and, as you inhale, allow your abdomen to expand out like a balloon. As you exhale, through your mouth or nose, let your abdomen flatten out.

Try to take three of these deep breaths in a row to help bring about relaxation response.

Try to imagine your breath as a color and think of it as flowing and spreading a warm feeling through your body.



One of the most healing things you can do for your body during the day is to use your breath periodically to penetrate your pain and help soften it. Think about directing your breath into the painful region, visualize the pain softening and dissolving; let go of the pain on each breath.

Although learning to relax is a very important part of living well, it is not a substitute for medical treatment. Also, if you are on any medication for heart, blood pressure, diabetes or any other chronic condition, and you plan to practice relaxation techniques, please let your health care provider know so your condition can be monitored.