

Long Deep Breathing

— tutorial for a 3-part breath —

Diaphragmatic, or long deep breathing, can improve attention, decrease negative affect and cortisol (stress hormone) levels,¹ stabilize or lower blood pressure, and slow the heart rate.² Try this breathing technique alone or in company, for 30 seconds longer. Use it in transitions or when feeling stressed to increase relaxation and your sense of wellbeing.



1

Simply notice your breath moving in and out of the nose/mouth. Observe where you feel the breath in your lungs and body. Notice the length of inhales and exhales.

2

Adjust the breath so that the inhale and exhale are of even length. Start with the count of in 4, out 4 and extend if you are comfortable.

3

Placing your hands on your low belly, breathe for 10 breaths. Breathe so you can feel your hands move on the inhale and exhale.



4

Moving the hands to the sides of the rib cage, breathe into the low belly, and into the side body, feeling the hands move on the inhale and exhale for 10 breaths.

5



Drawing the hands just underneath the collar bones, with long deep breaths, drawing the breath from the low belly, to the mid-lungs, and up to the top of the chest, feeling the hands move on the inhale and exhale for 10 more breaths.

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Sources:

1. Ma, X., Yue, Z. Q., Gong, Z. Q., Zhang, H., Duan, N. Y., Shi, Y. T., ... & Li, Y. F. (2017). The effect of diaphragmatic breathing on attention, negative affect and stress in healthy adults. *Frontiers in psychology*, 8, 874.
2. Harvard Health Publishing. (n.d.) Relaxation techniques: Breath control helps quell errant stress response. Retrieved from <https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>