

MENTAL HEALTH

COMPLETE BREATHING

Breathing exercises are a good way to relax, reduce tension, and relieve stress. Breathing exercises are easy to learn. You can do complete breathing anywhere and anytime you need it.



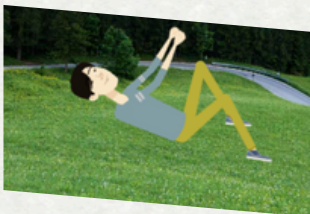
You can watch the complete breathing video here. It is recommended to do this exercise with friends or family.



Difficulty Level:
Intermediate

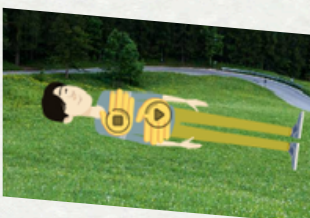
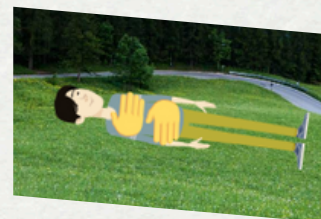
It is recommended to first master abdominal breathing before starting to practice complete breathing.

INSTRUCTIONS



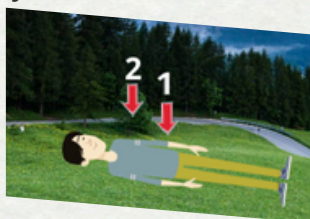
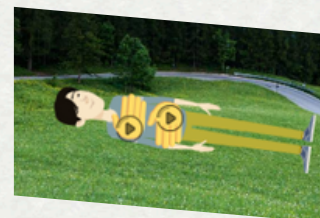
1. You can do this exercise in any position. However, while learning, it is best to lie on your back with your knees bent.

2. Place your left hand on your abdomen and your right hand on your chest. Observe how your hands move as you inhale and exhale.



3. Practice filling the lower part of your lungs by breathing so that your "abdomen" (left) hand rises when you inhale, and your "chest" (right) hand remains still. Always inhale through your nose and exhale through your mouth. Do this 8 to 10 times.

4. After filling and emptying the lower part of your lungs 8 to 10 times, add the second step to your breathing: first inhale into the lower part of your lungs as in the previous step, and then continue inhaling into the upper chest. Breathe slowly and steadily. As you do this, your right hand will rise and your left hand will drop slightly as your abdomen falls.



5. As you slowly exhale through your mouth, make a soft, hissing sound. ☹️ You will feel your left hand fall followed by your right hand. As you exhale, feel the tension leave your body as you relax more and more.

6. Practice inhaling and exhaling this way for 3 to 5 minutes. Notice how your belly and chest move up and down like the movement of waves.



Notice how you feel at the end of the exercise. If this exercise worked well for you, add it to your list of resources to use when you are stressed.

The complete breathing instructions are based on this resource from the [CIGNA](https://www.cigna.com) organization.

If you are interested in learning more about different self-help coping strategies, visit our Unaccompanied Children Resource Center: ucresourcecenter.org.