Practice Diaphragmatic Breathing

To begin diaphragmatic or belly breathing, get in a comfortable position, breathe in through the nose and breathe out through the mouth. As you do this, the belly comes out during inhalation and goes in during exhalation.

By the end of this mind-body exercise, you will experience a:
- Reduction in the stress hormone (cortisol)
- Lower heart rate
- Reduction in blood pressure
- Improvement in immune function and insulin signaling
- Strengthening of the prefrontal cortex (CEO of the brain)

Practice this breathing technique once every hour on easy days or longer on more challenging days.

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