



Calming Breath

Emphasizing your exhalation (breathing out) rather than your inhalation (breathing in) acts to calm your nervous system.

Quick, sharp breaths in, like when you are startled, causes arousal of the flight or fight reaction. Noisy, slow breaths out, like when you relax, cause relaxation and calmness.

- **Step One:** Exhale through your rounded mouth, making a noise as you do.
- **Step Two:** Exhale a little more, to get all of the air out that you can. Feel your diaphragm work.
- **Step Three:** Let the inhale come on its own. Note if your rib cage rises, or your belly fills. Again, feel your diaphragm working.
- **Step Four:** Repeat for a total of 3 to 5 times.

Do this simple, yet powerful exercise when you need to feel calm, or before bed. Practice every day.

Feel the Calm!



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