



# DEEP BELLY BREATHS

10-60 second practice to stimulate your vagus nerve, calm your nervous system, and restore balance

## PURPOSE:

- Activate the relaxation response
- Reduce stress hormones and lower heart rate
- Enhance focus and emotional regulation

## HOW TO:

- 1 Sit or lie down** in a comfortable position (option to rest one or both hands on your belly.)
- 2 Inhale deeply** through your nose, allowing your belly to expand as you fill your lungs.
- 3 Exhale slowly** through your nose or mouth, feeling your belly soften and contract.

*Take a few cycles of breath; set a timer or use a visual cue for 30-60 seconds to help you stay with the practice.*