

ABDOMINAL BREATHING



WHAT IS ABDOMINAL BREATHWORK?

This type of exercise helps deepen breathing. It gets you to lower your diaphragm, encouraging abdominal breathwork, which is much more effective than shallow breathing concentrated in the sternum, or breastbone.

Abdominal breathwork is really helpful as a primer for **good sleep** and is effective during **high anxiety** if you tend to breathe high in your chest, which tends to be ineffective and anxiety-provoking.

HOW TO DO ABDOMINAL BREATHWORK

1. Sit down, with your feet firmly on the ground.
2. This works best with eyes closed. If not closing your eyes, try finding a fixed point for your gaze – on the floor or a point on the wall opposite.
3. Place your left hand on your chest and your right hand on your tummy.
4. *Inhale* through your nose and allow your tummy to come up and out.
5. *Hold* the breath for a few seconds.
6. Now *exhale* through your mouth and bring your tummy back in and up towards your back.



Dublin Rape Crisis Centre is there for anyone affected by sexual violence, including those supporting others. The **National 24-Hr Rape Crisis Helpline 1800 77 8888** offers free, non-judgmental information & support.

Note: This resource is for general information only & is not intended as a substitute for professional advice or counselling. Issued April 2022

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