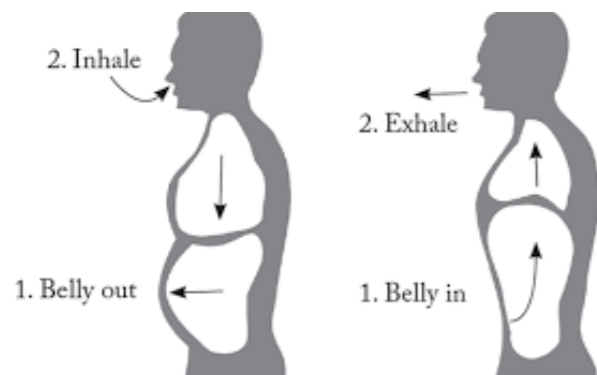


**DO YOU/CAN YOU
DO THIS?**

**SHORT WELLNESS SELF-
CHECKS**

Do you breathe with your belly or chest?



Relaxation Breathing

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep **breath** in through your nose, and let your belly push your hand out. ...
4. **Breathe** out through pursed lips as if you were whistling. ...
5. Do this **breathing** 3 to 10 times.

[Learn more about relaxation here](#)

The process of breathing occurs mostly at the abdomen, which is efficient, or chest, which is not. Proper breathing starts in the nose and then moves to the stomach as your diaphragm contracts. From there the belly expands and your lungs fill with air. This is called diaphragmatic breathing (also called "abdominal breathing" or "belly breathing"). According to the ALA (American Lung Association) this is the most efficient way to breathe, as it pulls down on the lungs, creating negative pressure in the chest, resulting in air flowing into your lungs. This type of breathing is part of most relaxation techniques. Pursed-lip breathing, when you press your lips together and inhale through the nose with the mouth closed, then out through pursed lips is also a good technique for patients with breathing issues. In order to breath better avoid large meals and foods that cause bloating to prevent the abdomen from pushing up and limiting the diaphragm's movement. The ALA suggests not to overthink breathing. Your respiratory systems know exactly when to tell you to change your depth of breathing, depending on your activity.

Bottomline: Breathe with belly breaths.

Self-checks: Solving problems before they happen.