***Belly Breathing!***

Belly Breathing is a great way to relax your body, which can improve stress and pain.

**Reminders:**

* Slowly breathe in through your nose to the count of \_\_\_.
* Slowly breathe out through your mouth to the count of \_\_\_.
* Try to get your belly to move, *not* your chest

**Practice:**

* Aim for 20 minutes each day
* Rate how you felt afterwards from 1-10 (1=Tense, 10=Relaxed)
* You can practice laying down, sitting up, or standing up

**Practice Log:**

Date Time Time

 Started Ended

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**Resources:**

* **www.CopingClub.com**
	+ By topic: Stress & Anxiety
	+ Coping tools: Relaxation

 video

* **Free Apps**
	+ *Breathe2Relax app*

 Total Rating/Notes

 Time

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 **For further information, please**

 **contact:**

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Belly Breathing!

 

**Pediatric Consultation/Liaison Service**

**Norton Children’s Hospital**

Introduction to…