

Diaphragmatic “belly” breathing

Reviewed by SickKids Staff

Last updated: September 16, 2024

1. In a lying or sitting position, place one hand on your stomach and one hand on your upper chest. Keep your shoulders relaxed and breathe in slowly (through your nose if you can). Your stomach should move out as you breathe in.
2. Blow out slowly through pursed lips. Make your lips look like you are going to whistle.
3. Do this breathing exercise _____ times, every _____ hours when you are awake.



Watch this video to see someone performing diaphragmatic breathing (<https://youtu.be/aPSBSXnDiRw>)

