

Deep Breathing

1. Relaxation techniques and exercises can help women and girls feel in control or regain control of their bodies and calm their minds from intrusive thoughts and feelings. One example of relaxation techniques is deep breathing. Here's a demonstration:

2. Imagine you have a balloon inside your stomach. Place one hand below your belly button, and breathe in slowly through the nose for four seconds, feeling the balloon fill up with air – your belly should expand. When the balloon is full, slowly breathe out through your mouth for about four seconds. Your hand will rise and fall as the balloon fills and empties. Wait 2 seconds, then release. Repeat a few times. When belly breathing, make sure the upper body (shoulders and chest area) is fairly relaxed and still.

