



## Belly Breathing

Balloon your Belly

**Goal:** Imagine that your belly is a balloon. Close your eyes. Feel your balloon fill up as you breathe in and empty as you breathe out.

**[Tip]:** Repeat for one minute.

**Why is this important?** Breathing techniques benefit mental health by reducing stress and anxiety. Belly Breathing slows your heart rate and gets more oxygen into your lower lungs, blood, and entire body.

### References:

Frewen, P. A., Evans, E. M., Maraj, N., Dozois, D. J. A., & Partridge, K. (2007). Letting go: Mindfulness and negative automatic thinking. *Cognitive Therapy and Research*, 32, 758–774. <https://doi.org/10.1007/s10608-007-9142-1>