

# BREATHING

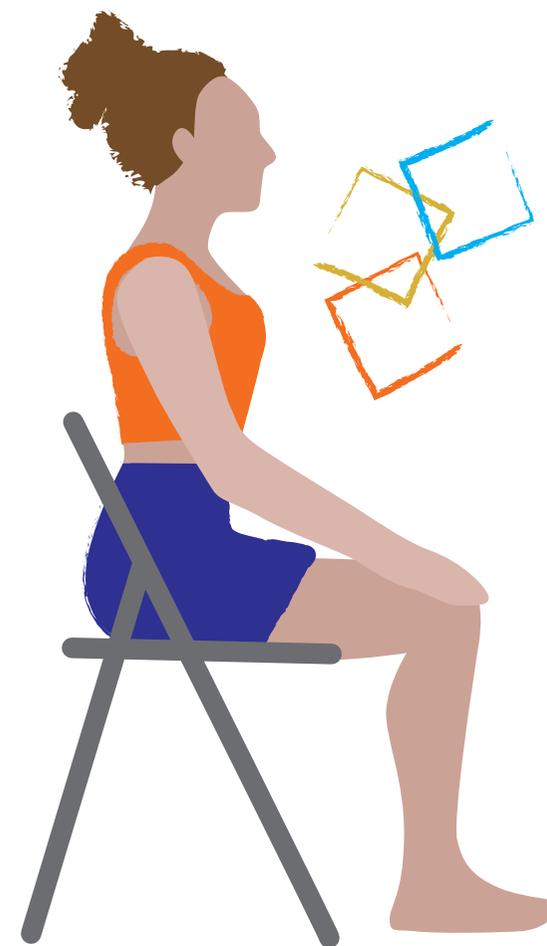
When you live with diabetes, it's natural to feel overwhelmed at times. It's a relentless condition, and not many people understand how difficult it can be.

If you find things are getting on top of you, practising breathing techniques can help ease feelings of stress, tension and anxiety and root your mind in the present. Try adding these breathing exercises into your day. Even just a few minutes can make a big difference.

## BOX BREATHING

This is a powerful but simple relaxation technique that aims to return breathing to its normal rhythm after a stressful experience. It can help clear the mind, relax the body, and improve focus.

- 1** Sit with your back supported in a comfortable chair and your feet on the floor. Alternatively, lie down in a comfortable position.
- 2** Close your eyes and breathe in through your nose while slowly counting to four. Feel the air enter your lungs.
- 3** Hold your breath while again slowly counting to four. Try not to clamp your mouth or nose shut.
- 4** Slowly breathe out for 4 seconds, wait 4 seconds, then repeat steps 1-3 at least three times.



Box breathing

## ALTERNATE NOSTRIL BREATHING

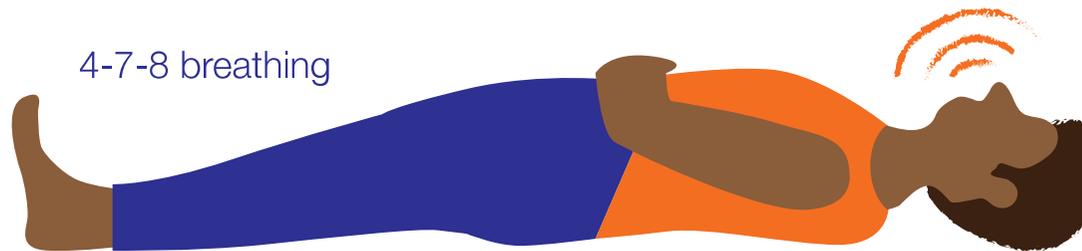
This is a yoga breathing exercise where you breathe through one nostril while holding the other shut, then change nostrils and repeat the process. Concentrating on breathing, which is usually an automatic process, can help calm you down and relax.

- 1** Breathe out completely, then use your right thumb to close your right nostril.
- 2** Breathe in through your left nostril, then close the left nostril with your fingers.
- 3** Open the right nostril and breathe out through this side. Breathe in through the right nostril, then close this nostril. Open the left nostril and breathe out through the left side. Alternate nostrils and repeat three to five times.

Alternate nostril breathing



4-7-8 breathing



## 4-7-8 BREATHING

The repetitive nature of 4-7-8 breathing can act as a calming distraction to a racing mind. The counting sequence is a way to focus your mind on something other than your worries.

- 1** Sit or lie down in a comfortable position. Let your lips part. Make a whooshing sound, breathing out completely through your mouth.
- 2** Close your lips, breathing in silently through your nose as you count to four in your head.
- 3** Hold your breath for seven seconds.
- 4** Breathe out through your mouth, making a whooshing sound for eight seconds and repeat three times. Gradually you can build your way up to eight full breaths.