

## Module V- Taking Care of You

### Activity - Deep Breathing Exercise

#### Relaxation Exercise--Deep Breathing

- Sit up in chair utilizing good posture.
- Get as relaxed as possible. Close your eyes. Assess your body for tension.
- Take a slow deep breath, through your nose. As you inhale or breathe in, the abdomen should rise.
- Exhale (release the breath) slowly through your mouth.
- Continue for 3-5 minutes

This is a relaxation technique that is quick and easy to learn. It can be used anywhere, except underwater!