

Title:

6 Simple Breathing Exercise To Deal With Stress

Word Count:

382

Summary:

Breathing is something we all do during our life time. We all know we are going to die if we a

Wikipedia, online encyclopedia, describes humans breathe between 12 and 20 times per minute, w

Babies may breathe as much as 40 times per minute. Adults normally breathe about 500-700ml of

Keywords:

Article Body:

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However, we can control our breathing. We can be more relaxed by breathing in and out so deep

The more we practice our deep and controlled breathing, the more natural it becomes and we can

With all the problems we have -- either we feel stressed out at work, or at the end of a long

Here are some steps to do breathing exercise:

1. You can lie down, sit down or stand up as long as you are comfortable. Breathe in slowly th

2. Hold on that deep breath for four counts, and then exhale slowly through mouth to a count o

3. Repeat the breathing in ~ right down so your tummy expands. Hold on to it and then exhaling

4. You can breathe deeper once you get used to the above steps by leave one hand on your stomac

5. When it can't go any further, breathe in some more and fill the tops of your lungs. Inhalat

6. When you exhales, let the old air out from your chest then from your tummy. So, you are goi

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