

# Take a Deep Breath

## Try these breathing exercises that may help reduce stress

You never know when a stressful moment might come along. But if you have ways to help manage it, like with the breathing exercises below, you can find moments of peace and relaxation. Before starting any physical activity or exercise, talk to your doctor to see what might be right for you.

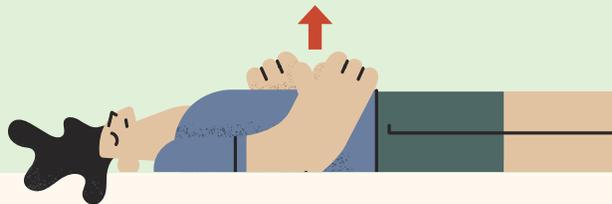
### Belly Breathing

**1**

Sit or lie flat in a comfortable position as you place 1 hand on your belly and the other hand on your chest.

**2**

Breathe in deeply through your nose and let your belly expand without moving your chest.

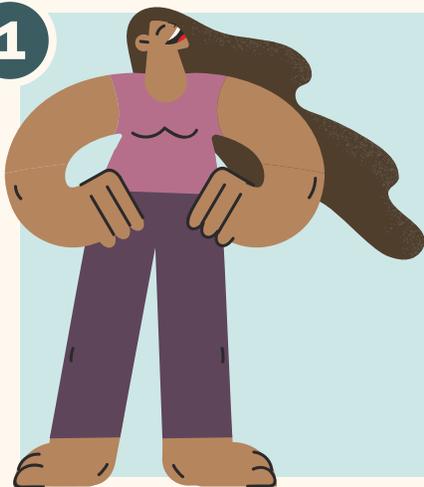
**3**

Exhale through your lips (imagine whistling). Use the hand on your belly to gently push the air out.



Repeat 3 to 10 times. Try this exercise to help you wind down at the end of the day.

### Focused Breathing

**1**

Sit or stand, and place your feet apart about as wide as your hips.

**2**

Gently breathe in through your nose while counting to 5. You may not be able to reach 5 at first.

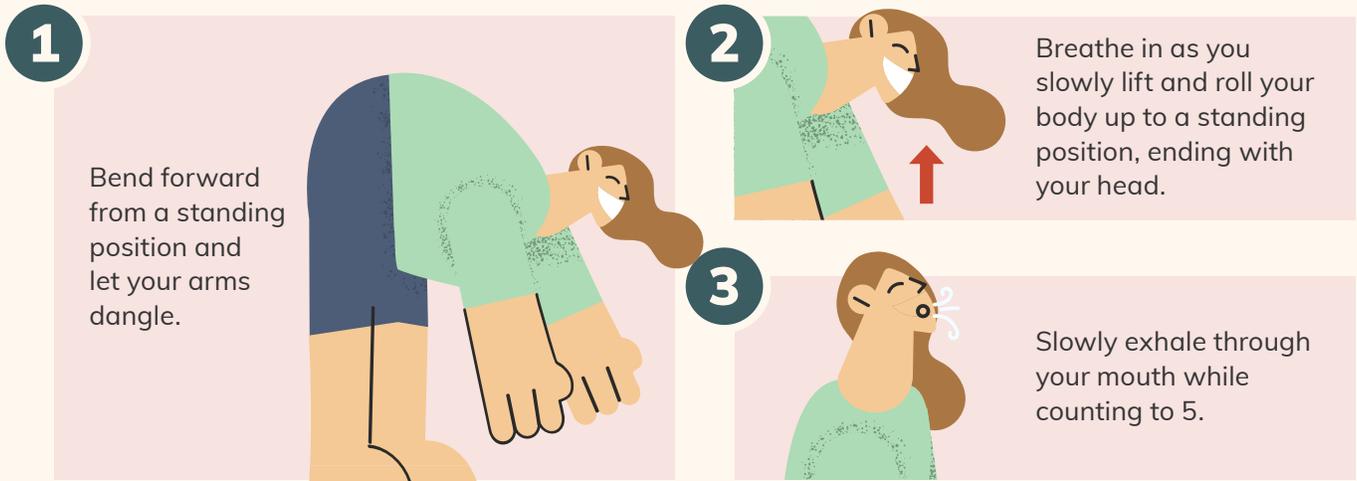
**3**

Slowly exhale through your mouth while counting to 5.



Repeat for 3 to 5 minutes. Try this especially when you feel a stressful moment coming on.

## Morning Breathing



Try doing this exercise each morning before you start your daily routine.

## Yoga Breathing



Humming while exhaling can be very relaxing.

Get more tips for living with cystic fibrosis (CF) at [Everyday-CF.com](https://www.everyday-cf.com).

