

Breathing Exercises for Relaxation

- Deep breathing exercises for relaxation play a key role in the concussion recovery process
- Deep breathing can help lower your stress, anxiety, heart rate, and blood pressure by sending messages to the brain to relax
- These exercises can be an excellent break from your daily activities. Incorporating short, frequent breaks with deep breaths throughout your day can help build your activity tolerance.

What are some deep breathing exercises?

Belly Breathing

Hand on Belly Place your hand on your belly

Breathe In Feel belly rising

Breathe Out Feel belly falling

Repeat Repeat previous steps

4-7-8 Breathing

Breathe In While slowly counting to 4 sec

Hold Hold your breath for 7 sec

Breathe Out While slowly counting to 8 sec

Repeat Repeat previous steps

Five Finger Breathing

One Hand Hold 1 hand out, spread fingers

Trace Use 1 finger on other hand to trace the first hand that is held out

Breathe In Trace up fingers of first hand

Breathe Out Trace down fingers of first hand

Repeat Repeat previous steps

Box Breathing

Breathe In While slowly counting to 4 sec

Hold Hold your breath for 4 sec

Breathe Out While slowly counting to 4 sec

Hold Hold for 4 sec

Repeat Repeat previous steps