

# DEEP BREATHING/ DIAPHRAGMATIC BREATHING

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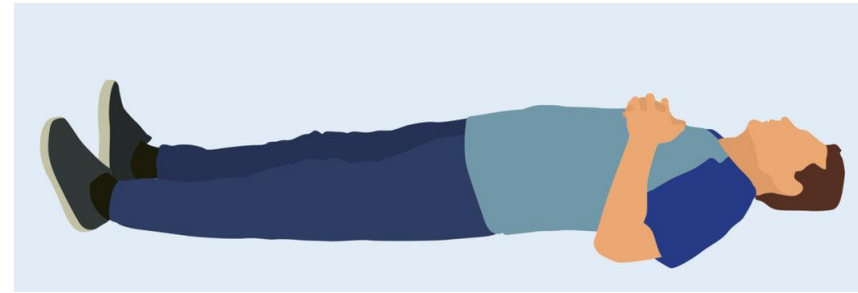
- » Find a quiet space
- » Put your do not disturb sign up
- » Wear comfortable clothes
- » Consider taking off your shoes
- » Sit or lie down, whichever the patient wants
- » Close your eyes, if the patient wants
- » When teaching techniques
  - Have an introduction
    - Get comfortable in your chair, feet on the ground, hands by your side, close your eyes, take a few deep breaths
  - Have an exit
    - Take a deep breath, feel the floor below your feet and your back, when you are ready open your eyes
  - Have practiced this, aloud, with someone other than a patient before doing this with patients

Relaxation techniques are skills that can be taught. New skills need practice to be mastered



## >> Key Principles

- >> Slow your breathing
- >> Expand your abdomen
- >> Number of seconds you breath in or breath out may vary
- >> Breathing in & out through the mouth (pursed lips or not) vs. nose will vary



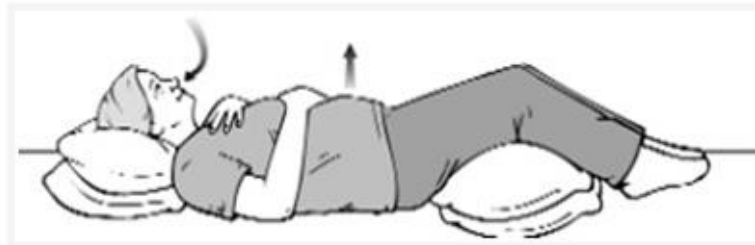
# DIAPHRAGMATIC BREATHING

## Diaphragmatic breathing technique

Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.



Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.



Source: Cleveland Clinic  
<https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>

Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips (see "[Pursed Lip Breathing Technique](#)"). The hand on your upper chest must remain as still as possible.



When you first learn the diaphragmatic breathing technique, it may be easier for you to follow the instructions lying down, as shown above. As you gain more practice, you can try the diaphragmatic breathing technique while sitting in a chair, as shown below.

To perform this exercise while sitting in a chair:

1. Sit comfortably, with your knees bent and your shoulders, head and neck relaxed.
2. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.
3. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.
4. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.

Diaphragmatic breathing instructions (**PDF**), University of Georgia

[https://www.psychology.uga.edu/sites/default/files/CVs/Clinic\\_Diaphragmatic\\_Breathing.pdf](https://www.psychology.uga.edu/sites/default/files/CVs/Clinic_Diaphragmatic_Breathing.pdf)

Belly breathing instructions for children with tips and **downloadable worksheets**, Very Special Tales, websites for parents of children with special needs

<https://veryspecialtales.com/belly-breathing-kids-diaphragmatic-breathing/>

Belly breathing **video** for children, Nemours Children's Health System

<https://veryspecialtales.com/belly-breathing-kids-diaphragmatic-breathing/>

Diaphragmatic breathing **video** with explanation and demonstration, UCLA Integrative Digestive Health and Wellness Program

<https://www.youtube.com/watch?v=g2wo2Impnfg>