

Deep Breathing Exercise

Deep breathing is a good way to relax. Try it a couple of times every day. It's also a good way to unwind from the day and fall asleep.

Here's how to do it:

- Lie down or sit in a chair.
- Rest your hands on your stomach.
- Slowly count to four and inhale through your nose. Feel your stomach rise. Hold it for a second.
- Slowly count to four while you exhale through your mouth. To control how fast you exhale, purse your lips like you're going to whistle. Your stomach will slowly fall.
- Repeat five to 10 times.