

Abdominal Breathing Script

Use this script as a tool to practice abdominal breathing. Deep breathing can help reduce feelings of stress. Read the script out loud or quietly to yourself.

Take several deep breaths.

In 1, 2, 3, out 1, 2, 3.
In 1, 2, 3, out 1, 2, 3.

Breathe in through your nose and out through your nose. If you have difficulty breathing out through your nose, you can exhale through your mouth.

In 1, 2, 3, out 1, 2, 3.
In 1, 2, 3, out 1, 2, 3.
In 1, 2, 3, out 1, 2, 3.

Notice your breathing. Where does the air go once it is inside your body? Is the air coming into your chest? Or is it coming down into your abdomen?

In 1, 2, 3, out 1, 2, 3.
In 1, 2, 3, out 1, 2, 3.
In 1, 2, 3, out 1, 2, 3.

Try moving the air all the way to the bottom of your lungs down into your abdomen. You can put your hand on your stomach. When you are breathing deeply into your abdomen, your hand should rise and fall as you inhale and exhale.

In 1, 2, 3, out 1, 2, 3.

When you breathe deeply, the air comes deeper into your lungs and delivers fresh and rejuvenating oxygen to your muscles all over your body.

In 1, 2, 3, out 1, 2, 3.

Keep breathing in slowly and breathing out slowly.

In 1, 2, 3, out 1, 2, 3.

Continue breathing deeply into your abdomen for five more refreshing breaths.

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