

# Calm Heart, Calm Breathing

We breathe differently when we are participating in different physical activities and when we have various feelings. We have slow breaths when we're calm, short and sharp when angry, short and shallow when scared, and deep when stressed. Our breath is closely related to our heart rate.

Try practicing taking a deep breath to relax:

1. Stand or sit calmly and let your muscles relax.
2. Take a slow, deep breath in, feeling the air enter and expand the lungs. Put one hand on your stomach and feel your stomach expand as well.
3. Slowly let the air out of the lungs. Feel the muscles in the body relax as the air goes out.
4. Repeat steps 2 and 3 three to five times until the body is fully relaxed.

How did that make you feel?

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