

BALLOON BREATHING



Have a seat and place your hands around your mouth like you are about to blow up a balloon.



Take a deep breath and inhale through your nose.



Slowly exhale through your mouth and spread your hands as if the balloon is blowing up. Keep your hands in place.



As you exhale again, spread your hands as if the balloon is getting larger and larger.



When your balloon is as large as it can get, relax. Repeat if needed.

