

Balloon Breath



Big belly balloon breath is a great technique to use when you are needing to find your calm. Taking long exhalations, blowing all the air out of our body, lets us tap into a place in our brain that does exactly that, makes us feel calm.

Take a big inhale through your nose, filling your stomach like it is a big balloon. Fill it all the way up! Now you're going to release all the air by blowing it back out again through your nose. Take another big breath and fill that balloon back up again. Watch your stomach as you breath in and out, like the balloon is filling and emptying. Repeat this Big Belly Balloon Breath 5 times.