
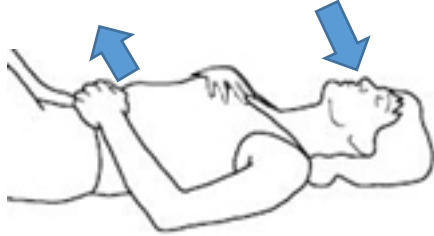






# Diaphragmatic breathing technique

This technique aims to help you use your diaphragm (the large muscle at the base of your lungs) to take deep breaths. Deep breathing can help you relax. You can practise the technique lying down or sitting in a chair, whichever is more comfortable for you.

## Diaphragmatic breathing technique while lying down

<p>1. Lie on your back on a flat surface, with your knees bent and your head and legs supported. Put one hand on your upper chest and the other just below your rib cage so you can feel your diaphragm move as you breathe.</p>	
<p>2. Breathe in slowly through your nose, for the count of 4, so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.</p>	
<p>3. Breathe out slowly through pursed lips, for the count of 6. Your stomach should fall inwards. The hand on your upper chest must remain as still as possible.</p>	

## Diaphragmatic breathing technique while seated

<p>1. Sit comfortably, with your knees bent and your shoulders, head and neck relaxed. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.</p> <p><b>Breathe in slowly through your nose for the count of 4. You should feel your stomach expand. The chest should remain still.</b></p>	
---	---

2. Breathe out slowly through pursed lips for the count of 6. Your stomach should fall. Your chest should remain as still as possible.



### How often should I practice this technique?

Practice this breathing technique for 5-10 minutes during your morning and afternoon rest period. You can use it as often as you need to help you relax.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Rheumatology (Occupational Therapy), January 2026

Next review due: January 2028