

Belly Breathing

Belly breathing is a great strategy for calming and centering before supervision. Just one or two minutes of belly breathing can help you slow down and relax, so you can bring your best self to supervision.

**First,
find a comfortable seated position.**

**Next,
put one hand on your belly just below your ribs
and the other hand on your chest.**

**Then,
take a deep breath in through your nose,
letting your belly push your hand out.
Imagine your belly is a balloon and your breath is filling it with air.
The hand on your chest should not move.**

**Finally,
breathe out through pursed lips, as if you were whistling.
Feel your belly deflate.
You can use your hand to gently push all the air out,
but don't clench your muscles.**