
Deep Breathing Technique to Release Stress

Inhale, taking a deep breath that fills your diaphragm as you push it down and outward.

You can place your hand on the area to make sure that you are breathing properly. Do not raise your shoulders, because that is shallow breathing and will not help you to relax.

Hold your breath as you slowly count to three. As you exhale, see and feel the stress being exhaled out of your body.

Take an another nice deep breath and as you hold that breath for the count of three, feel relaxed and in control, so that you can focus and be back in the game.

Repeat if needed.