Practice Deep Breathing

Step 1: Get Comfortable

Find a comfortable position, either sitting or lying on your back.

Step 2: Inhale!

Concentrate on breathing in through your nose and following the air all the way down to the lower lobes of your lungs. When you do this, your belly rises as you inhale and falls when you exhale.

Step 3: Zone Out

Ignore thoughts and focus on the act of breathing to get the most relaxation out of deep breathing. With each breath, visualize clean air entering, circulating and refreshing your body.

Step 3: Exhale

Take the air in through your nose and let it out slowly by pursing your lips.