



# Walker Therapy Services

## WHAT IS DIAPHRAGMATIC BREATHING?

- Learning how to breathe with your diaphragm
- Has been shown to reduce anxiety
- Place a hand on your chest and one on your belly, practice breathing with only the hand on your belly moving
- Can be done in the moment to reduce panic attacks
- The more you do this the more natural it will become
- Helps the blood oxygen flow, and can return the body to homeostasis