# BRICKIE CONNECTIONS

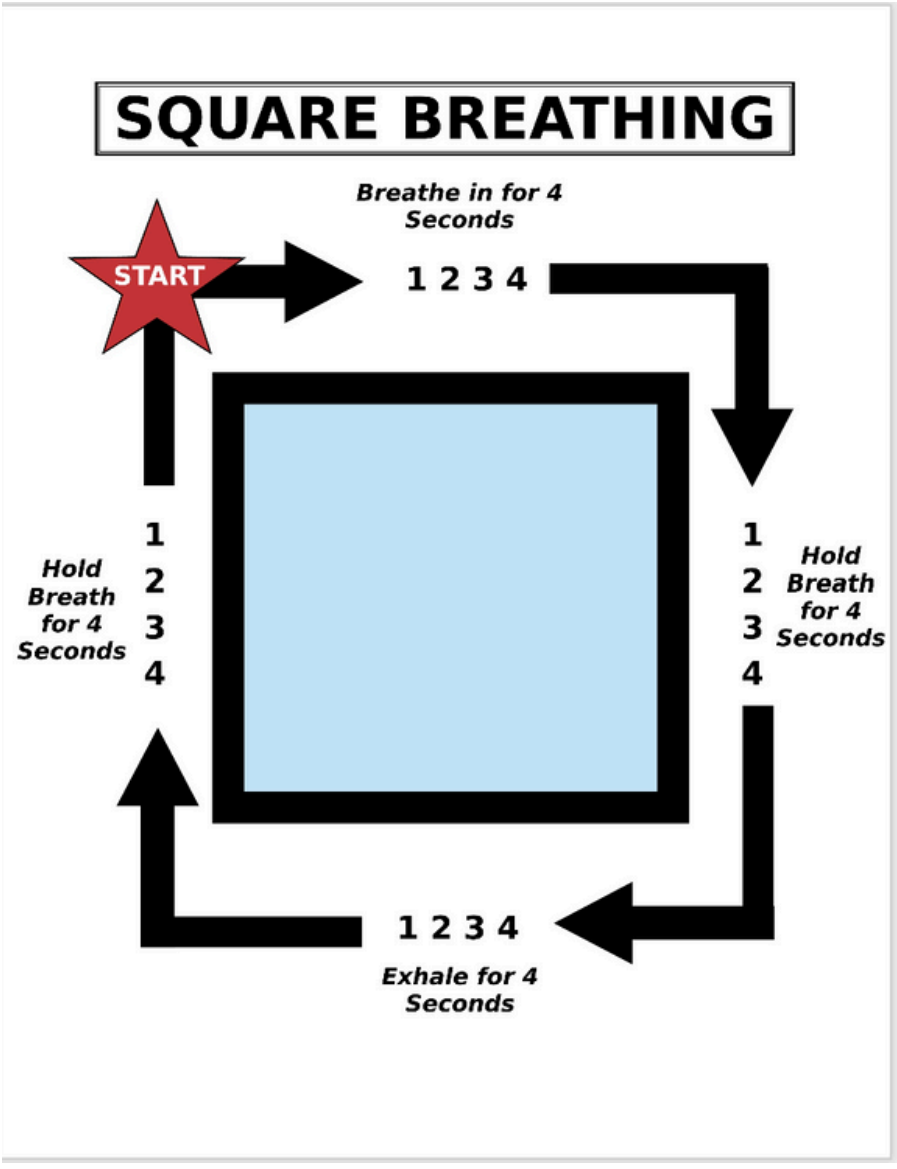
## BRICKIE CONNECTIONS #12: Just Breathe

Learn how to exhale, the inhale will take care of itself. - Carla Melucci Ardito

## PRACTICE

If you find yourself worrying, try diaphragmatic breathing. Basically, this means breathing from your belly rather than your chest:

1. Put one hand on your chest and the other on your stomach.
2. Breathe in slowly through your nose, focusing on filling up your belly with air.
3. Notice the hand on your chest stays still while the one on your stomach rises.
4. Exhale through your mouth, feeling the hand on your stomach return to its original position.
5. Repeat for several minutes until you notice the calming effect.

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