



LIVING BEYOND
BREAST CANCER®

EMOTIONAL CONCERNS



A step-by-step breathing exercise for relaxation

Breast cancer can leave you tired, overwhelmed and stressed. Focused breathing exercises can help you tap into your body's natural relaxation mode, focus on the present moment, find a sense of calm, and rest and recharge.

Try this breathing exercise anytime, anywhere:

- Breathe in slowly and fully, for a count of four.
- Breathe out slowly, for a count of five.
- At the end of the outbreath, pause for a moment of relaxation.
- Repeat until you begin to feel calmer and more at ease.
- When you're done, breathe naturally and rest gently for at least a few breaths. Reflect on how the breathing exercises made you feel.

As you breathe, pay attention to your body. Stop if you start to feel dizzy, lightheaded or short of breath. If you feel any pain, stop immediately, and make sure to tell your doctor. If you have breast cancer in the lungs, talk to your doctor before trying this exercise.

Reviewed by Michael J. Baime, MD

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