Deep and slow belly breathing is a fast way to help us feel less stressed and more relaxed. Try this mindfulness exercise lying down, if possible.

1. Place one hand on your chest and one hand on your belly.

2. Breathe out fully through your mouth for 6–8 seconds, like you are blowing up a balloon. Notice how the hand on your stomach falls.

3. Breathe in deeply and slowly through your nose for 4–5 seconds. Notice how the hand on your stomach rises.

4. Repeat several times until you start to feel more centered, grounded, and relaxed.