



Use this breathing exercise when you feel annoyed, tense or have low energy.

In this exercise, you will inhale and exhale. While you exhale, you will tighten the back of your throat and make a "haaaaah" sound.

1. Sit up straight with both of your feet on the ground.
Breathe in through your nose for a count of 4.
2. With your mouth closed, **exhale through your nose while making a "haaaaah" sound with the back of your throat.** You should sound like the ocean or Darth Vader from Star Wars.
3. **Repeat 3 times.**

If you have trouble, try exhaling the sound "haaaaah" with your mouth open. Then try it again but with your mouth closed, exhaling through your nose. It may also help to place your hand on your belly and feel your belly expand with your breath.

If you have any questions about wellness, please contact (212) 432-8494 or wellness@chnnyc.org.