

How can I do deep breathing exercises? How do they help?

These exercises can be done after taking steam inhalation and also without it.

They may help in recovery after illness.



Steps:

- 1 Sit up in a chair.
- 2 Keep your body relaxed.
- 3 Breathe in slowly through your nose.
- 4 Hold in your breath.
- 5 Release your breath slowly, keeping your mouth open.
- 6 Do it 10 times at one time.



You can repeat it 3-4 times in a day.

Precautions:

- 1 Do it only in a closed room. Remove your mask.
- 2 Do not do these if you have breathing problems, high temperature, or chest pain.
- 3 Stop if you feel dizzy or have palpitations.

