**Relaxation 1: Abdominal Breathing**

Relaxation

for Women

with Breast Cancer

This link will take you to a relaxation audio designed to help you

through your breast cancer experience

**Relaxation during breast cancer**

Taking time out each day to relax can help you feel better as you face a breast cancer diagnosis and cope with the challenges of treatment and recovery. This audio link will guide you through the basics of an abdominal breathing relaxation, encouraging deep breathing and restfulness.

Abdominal breathing can help to relax your body and calm your mind, it can be done at any time throughout the day. Done regularly, these simple, gentle exercises may help you release muscle tension, sleep better, re-energise, focus away from your troubles, and find some inner peace.

Take time each day to listen to the audio and allow your mind and body to relax.

https://soundcloud.com/cancercouncilnsw/02-track-02-1-1?in=cancercouncilnsw/sets/relaxation-for-people-with-cancer