Translation of Diaphragmatic breathing video from Greek to English

<https://www.youtube.com/watch?v=qqxr94ivoL4>

* 0:29 Do not stress yourself! Let me show you an exercise for controlling your stress.
* 0:36 Come on, let’s go! Let’s go! Come on, you!
* 0:39 Sit down in your chair as calm and comfortable as possible and close your eyes for a while.
* 0:46 Put your hand palm over your stomach, just above your belly button, in such a way that you can understand the diaphragm that goes up and down in every inhalation and exhalation.
* 1:01 Relax! Relax
* 1:05 Inspire air from the nose, deeply and slowly, by inflating your belly outward. If you want you can count slowly up to 4 on inhalation.
* 1:20 Hold the air briefly. You can count slowly up to 2.
* 1:28 Now expire slowly from the mouth all the inhaled air. Count slowly up to 6.
* 1:38 Listen! We repeat all the previous steps 5 times. After the 5 repetitions, we relax for one-two minutes and we stretch slowly so we could go back slowly to vigilance.
* 1:56 It is useful to practice this technique twice per day by doing each time10 respirations. You could, progressively, increase the number of respirations.
* 2:09 Also, you can do this technique when you are lying down.
* 2:14 Make stress one of your friends!

Credits to: Greek Ministry of Public Health, National School of Public Health, Public and Administrative Health sector