

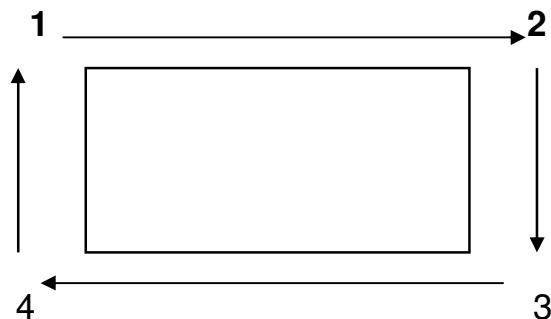
BASIC BREATHING TECHNIQUES

There are two quick and effective ways to relax and distract yourself; both are very easy to use together!

1 Square Breathing

- Focus your eyes on a square or rectangle anywhere. It could be a door or window, a book or paving stone.
- Now focus on the TOP LEFT corner; imagine you are in a car and that is your filling station. Fill your lungs with air and then very slowly take your breath to the TOP RIGHT corner.
- Again *fill* up with air and take your breath to the BOTTOM RIGHT corner and *fill* up again and go to the BOTTOM LEFT.
- Finally, *fill* up again and follow the square and keep your breathing SLOW and EVEN.

Don't look anywhere, keep your focus on the square and keep your breathing SLOW and EVEN.



2 Belly Breathing

This exercise is best done when in a sitting position or lying down.

- Relax as much as possible and place your hands on your stomach just above your navel.
- Breathe in through your nose to the count of three 1...2...3... Notice your belly expands and your hands rise. Now hold for three 1...2...3...
- Breathe out and notice your stomach flatten, try to breathe out as slowly as possible.

3 7 – 11 Breathing

This exercise can be done anywhere, sitting, standing, or lying down.

- Notice how you are breathing normally
- Now breathe in through your nose for the count of 7. 1...2...3...4...5...6...7
- Breathe out through your mouth slowly for the count of 11. 1...2...3...4...5...6...7...8...9...10...11 Relax your shoulders forward and down and repeat these steps. If you can't breathe to the 7 – 11 method, try 5 – 9 or 3 – 7, but try to build up to 7 – 11 count