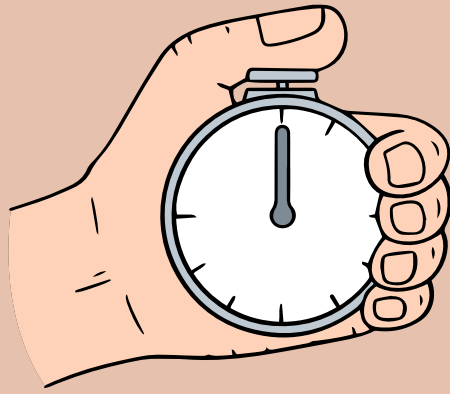




Box Breathing

- Breathe in for 4 seconds while tracing one side of the box.
- Take a short break.
- Then breathe out for 4 seconds, while tracing the next side of the box.
- Once again, breathe in for 4.
- And out for 4 while tracing the last side of the box.



1 Minute Mindful Breathing

- Sit down in a comfortable position.
- Take 10 slow, deep breaths. Try breathing in for 5 seconds, hold for 2 and out for 5. Focus on breathing out slowly until the lungs are completely empty, and then fill them all the way back up again.
- Notice the sensation of your lungs emptying. Notice the feeling of them refilling. Now pay attention to your rib cage rising and falling. Finally, notice the gentle rise and fall of your shoulders as you breathe in and out.



Controlled Breathing

- Practice this while in a safe and calm environment.
- Breathe in through the nose for 4 seconds.
- Hold the breath for 2 seconds.
- Breathe out through the nose for 6 seconds, then pause slightly before repeating for 10 to 20 breaths.
- Practice this regularly. When you have mastered the controlled breathing technique this can then be utilised any time you notice anxious symptoms coming on.



Alternate Nostril Breathing

- Begin seated and rest your left palm on your leg.
- Now, place your thumb on your right nostril, and take a deep breath in through the opposite nostril.
- Now, place a finger on your other nostril. Pause for a second, then lift your thumb. Now breathe out. Hold for another second then breathe in through your right nostril.
- Now place your thumb back again, and lift your other finger. Now breathe out.
- Repeat the cycle 10 more times.



Five-Finger Breathing

- Sit comfortably with your back straight.
- Open the palm of one hand.
- Now with the pointer finger on your other hand, slowly trace your fingers while breathing.
- Trace up one side of your thumb and breathe in as you count to 3.
- Now breathe out while tracing down the other side of your thumb, counting to 3.
- Repeat for all five fingers.



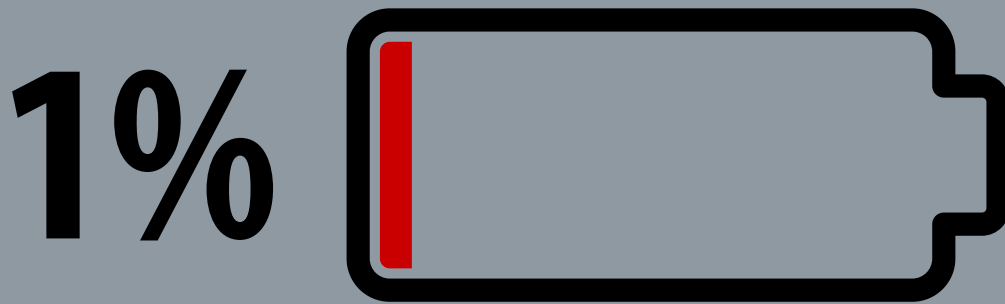
5-3-3 Breathing

- Start by taking 5 deep breaths. Focus on filling your lungs up as much as possible, breathing in through your nose and out through your mouth.
- Now, breathe in and out 3 times 'fast'. In through your nose and out through your mouth.
- Finally, breathe in and out 3 times as loudly as you can. Again, in through your nose and out through your mouth.
- Repeat the full cycle again 2-3 times.



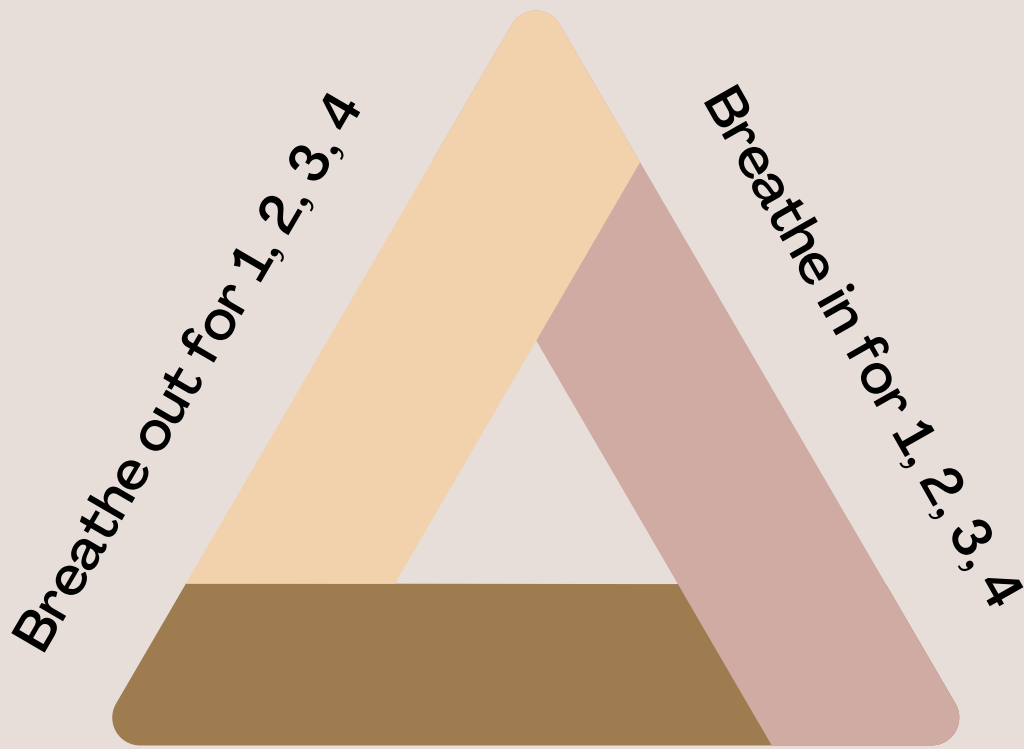
4-7-8 Breathing

- Start by completely exhaling through your mouth, making a 'whooshing' sound.
- Now, close your mouth and quietly inhale through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale through your mouth, again making a 'whooshing' sound for a count of eight.
- Repeat the process three more times.



Energising Breaths

- This is a great exercise to make you feel more energised and alert.
- Take a couple of deep, slow breaths to ground yourself.
- Now breathe in for 4 short sharp breaths in through your nose back to back.
- Then exhale in one long slow breath through your mouth.
- Repeat this 5 times.



Hold for 1, 2, 3, 4

Triangle Breathing

- Breathe in for 4 seconds while tracing one side of the triangle.
- Now, hold for 4 seconds tracing the second side of the triangle.
- Finally, breathe out for 4 seconds, while tracing the final side of the triangle.
- Repeat 5-10 times.