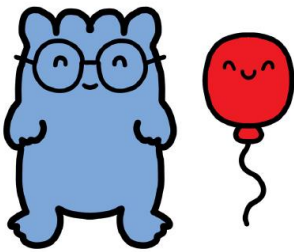


# Breathing Techniques

When we feel anxious, upset or distressed, it can be difficult to know what to do to feel better. By using these breathing techniques, we can reduce our anxiety and lower our blood pressure/heart rate. This helps us feel calmer and more focused and helps us to face our fears.

## Belly Breathing



Take a deep breath in and inflate your belly like you're inflating a balloon.

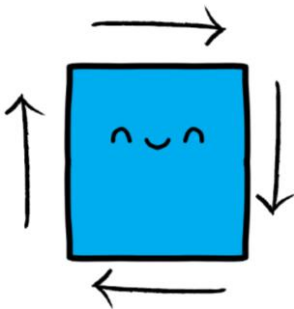
As you do this, count 1, 2, 3, 4 to breathe in and fill the balloon in your belly.

Pause and let all of the air out of your belly like you're letting a balloon deflate.

As you do this, count 1, 2, 3, 4 to breathe out and let the balloon go down from your belly.

Repeat until you feel calmer.

## Square Breathing



Imagine you're drawing a square with your finger in the air. Breathe in while counting 1, 2, 3, 4 as you draw the top line of the square and pause.

Breathe out while counting 1, 2, 3, 4 as you draw the side line of the square and pause.

Breathe in while counting 1, 2, 3, 4 as you draw the bottom line of the square and pause.

Breathe out while counting 1, 2, 3, 4 as you draw the side line of the square and pause.

Repeat until you feel calmer.

## Finger Breathing



Use your index finger to draw round the fingers on your opposite hand.

Count 1, 2, 3, 4 and breathe in as you trace up the first finger and pause.

Count 1, 2, 3, 4 and breathe out as you trace down the finger and pause.

Repeat until you have traced up and down all 5 fingers, breathing 1, 2, 3, 4 in and 1, 2, 3, 4 out each time.

Repeat until you feel calmer.

## **TOP TIP!**

Make sure you count **SLOWLY** while breathing in and out. Practice these breathing techniques while you are calm so that you're better prepared to use them when you need to.