

Controlled Breathing Exercise

- Can be used at any time
- Helps to relax you
- Helps you to manage anxious thoughts and feelings

Get into a comfortable position

Try to relax your shoulders and chest and let tension go from your body

Breathe in comfortably through your nose

Try to breathe down into your diaphragm rather than breathing in your chest – feel the top of your abdomen move outwards as you breathe in

Hold this breath for a count of two seconds

Then slowly breathe out through your mouth (it can help to purse your lips to slow down the outward breath)

While you are breathing in this way you can visualise in your mind's eye the movement of breath in through your nose and into your lungs inflating your lungs and then moving slowly out through your mouth