



BREATHING TECHNIQUES

BREATH (Option #1): Calm Breathing

Your breath is a powerful tool to ease stress and make you feel less anxious. Some simple breathing exercises can make a big difference if you make them part of your regular routine.

Before you get started, keep these tips in mind:

- Choose a place to do your breathing exercise. It could be in your bed, on your living room floor, or in a comfortable chair.
- Wear comfortable clothes.
- Don't force it. This can make you feel more stressed.

In this exercise, you'll match how long you breathe in with how long you breathe out.

1. Sit comfortably on the floor or in a chair.
2. Breathe in through your nose to the count of five.
3. Breathe out through your nose to the count of five.
4. Repeat several times.



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BREATH (Option #2) Alternative Nostril Breathing

- To try alternate nostril breathing, sit down in a comfortable place, lengthening your spine and opening your chest.
- Rest your left hand in your lap and raise your right hand. Then, rest the pointer and middle fingers of your right hand on your forehead, in between the eyebrows. Close your eyes, inhaling and exhaling through your nose.
- Use your right thumb to close the right-hand nostril and inhale slowly through the left.
- Pinch your nose closed between your right thumb and ring finger, holding your breath in for a moment.
- Use your right ring finger to close your left nostril and exhale through the right, waiting for a moment before you inhale again.
- Inhale slowly through the right nostril.
- Pinch your nose closed again, pausing for a moment.
- Now, open the left side and exhale, waiting a moment before you inhale again.
- Repeat this cycle of inhaling and exhaling through either nostril up to 10 times. Each cycle should take up to 40 seconds.



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BREATH (Option #3) Lion's Breath

- Lion's breath involves exhaling forcefully. To try lion's breath:
- Get into a kneeling position, crossing your ankles and resting your bottom on your feet. If this position isn't comfortable, sit cross-legged.
- Bring your hands to your knees, stretching out your arms and fingers.
- Take a breath in through your nose.
- Breathe out through your mouth, allowing yourself to vocalize "ha."
- During exhale, open your mouth as wide as you can and stick your tongue out, stretching it down toward your chin as far as it will go.
- Focus on the middle of your forehead (third eye) or the end of your nose while exhaling.
- Relax your face as you inhale again.
- Repeat the practice up to six times, changing the cross of your ankles when you reach the halfway point.



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BREATH (Option #4) Breath Focus

- When deep breathing is focused and slow, it can help reduce anxiety. You can do this technique by sitting or lying in a quiet, comfortable location.
- Then notice how it feels when you inhale and exhale normally. Mentally scan your body. You might feel the tension in your body that you never noticed.
- Take a slow, deep breath through your nose.
- Notice your belly and upper body expanding.
- Exhale in whatever way is most comfortable for you, sighing if you wish.
- Do this for several minutes, paying attention to the rise and fall of your belly.
- Choose a word to focus on and vocalize during your exhale. Words like "safe" and "calm" can be effective.
- Imagine your inhale washing over you like a gentle wave.
- Imagine your exhale carrying negative and upsetting thoughts and energy away from you.
- When you get distracted, gently bring your attention back to your breath and your words.