

# HAND BREATHING

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Hold one palm flat

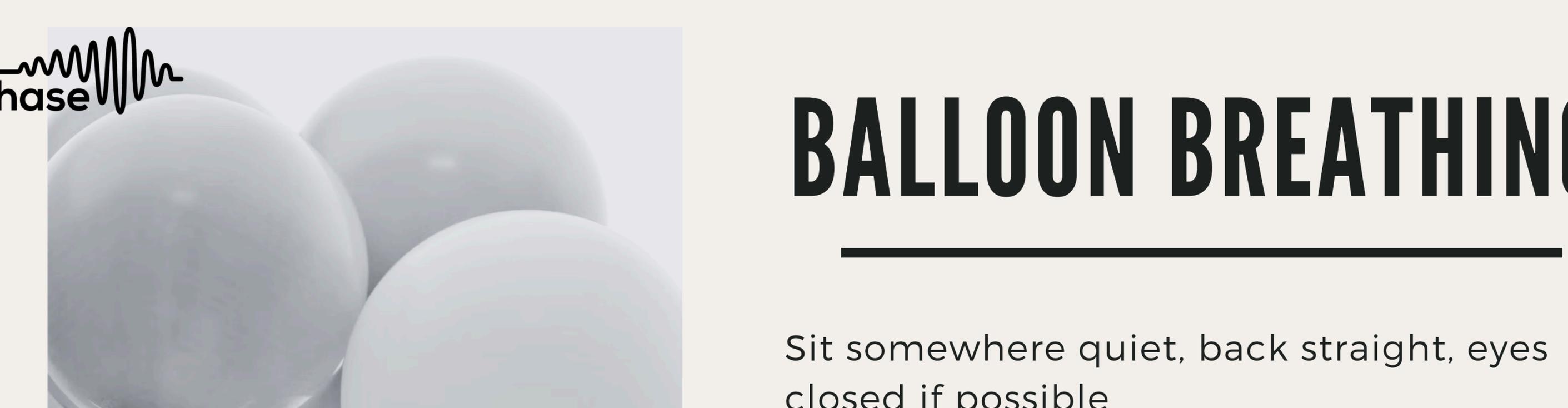
Using your index finger on your other hand, trace up and down your fingers on your flat hand

When you move your finger up the other finger, breathe in

When you move your finger down the other, breathe out

Repeat as many times as you need



Phase 

# BALLOON BREATHING

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Sit somewhere quiet, back straight, eyes closed if possible

Imagine there is a balloon in your tummy

Breathe in – Balloon inflates, Breath out – Balloon deflates

Focus on your breathing

Concentrate on imagining this balloon



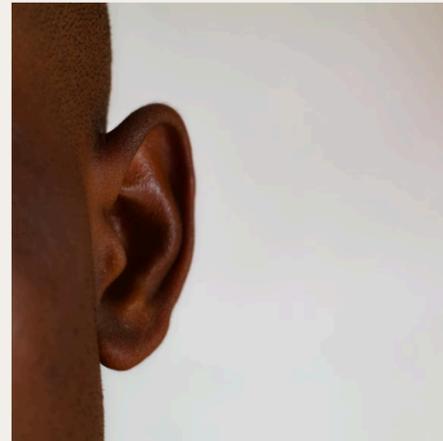
# SENSORY GROUNDING

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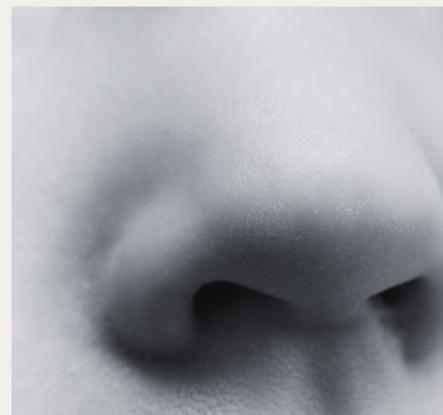
•Name 5 things you can see

•Name 4 things you can hear



•Name 3 things you can smell

•Name 2 things you can feel/touch



•Name 1 thing you can taste

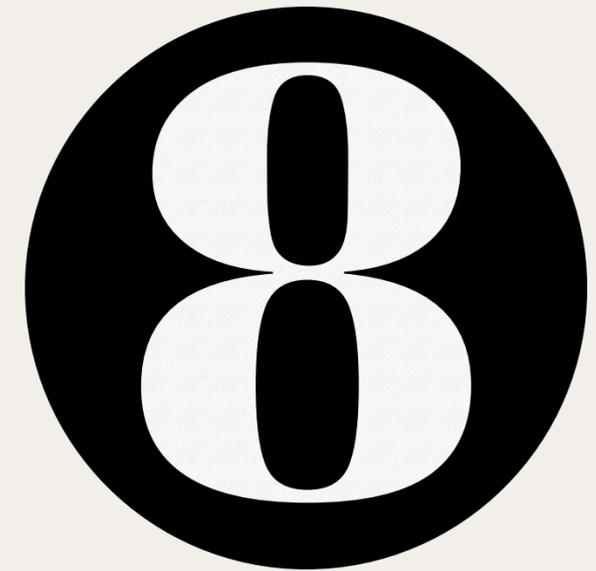
# 4 - 7 - 8 BREATHING



Close your mouth and inhale quietly through your nose to a mental count of four.



Hold your breath for a count of seven.



Exhale completely through your mouth, making a whoosh sound to a count of eight. Now repeat.



# BELLY BREATHING

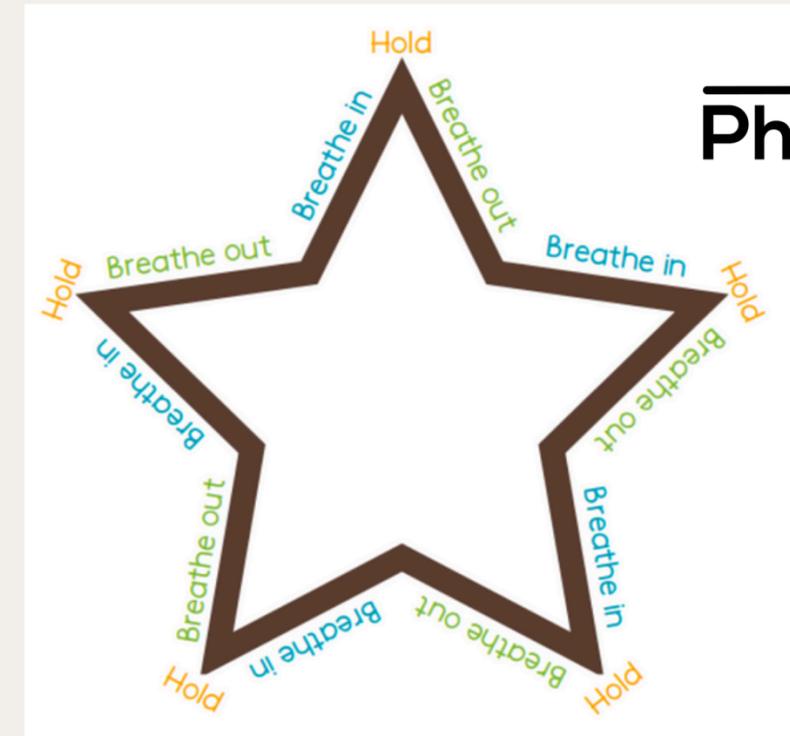
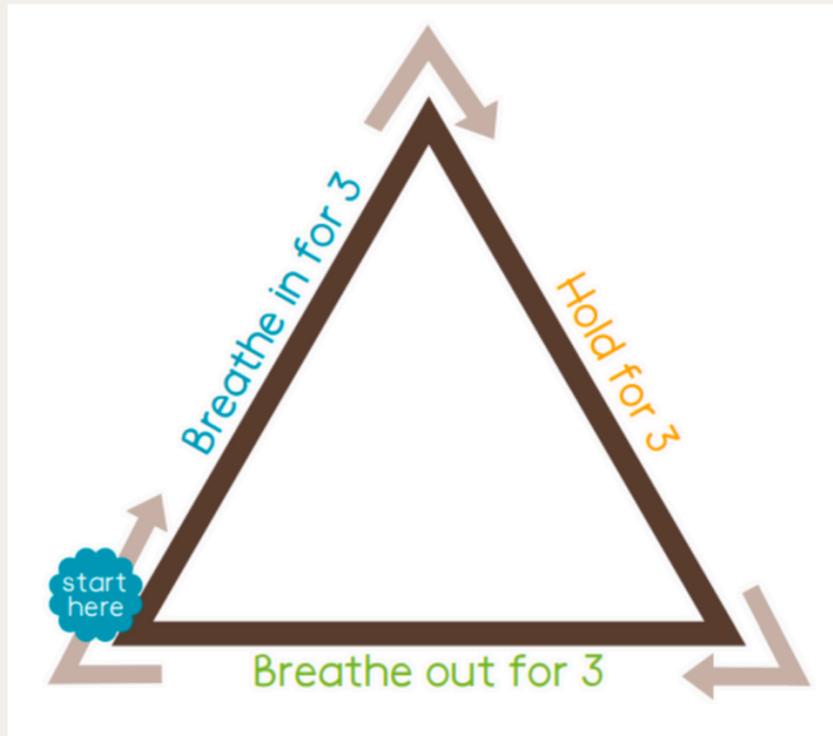
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Open your mouth to sigh and relax your muscles.

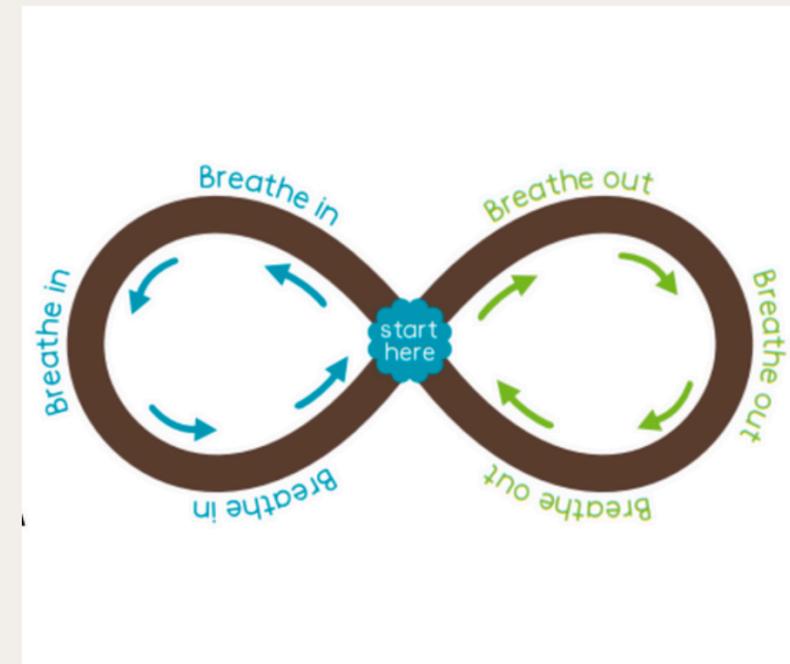
Then inhale slowly through your nose by pushing your stomach out. Let the movement of your stomach pull the air in until you are full.

Then exhale through your mouth by pulling your stomach in and squeezing out as much air as you can.

Repeat letting your muscles guide you.



# SHAPE BREATHING





**HOLD AND FOCUS**

# BODY SCAN

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Sitting or lying down, breathe in for four and out for four

When you feel ready, starting from the top of your head, focus on each body part, travelling down your body like an x ray

Focus on how that part of the body feels  
It can sometimes be helpful to tense and then relax certain parts of your body

This can have a calming effect due to the tense and relax

Helps you relax muscles you didn't know you had tensed



# COUNT YOUR BREATHS

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Breathe in through your nose and out through your mouth, slowly.

As you are breathing, begin to count in your head. Count 'one' as you breathe in, then 'two' as you breathe out, then 'three' as you breathe in again, all the way up to ten.



# 7/11 BREATHING

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Breathe in for a count of seven through your nose & out for a count of eleven.

If 7/11 is too hard then try counts of  
5/9