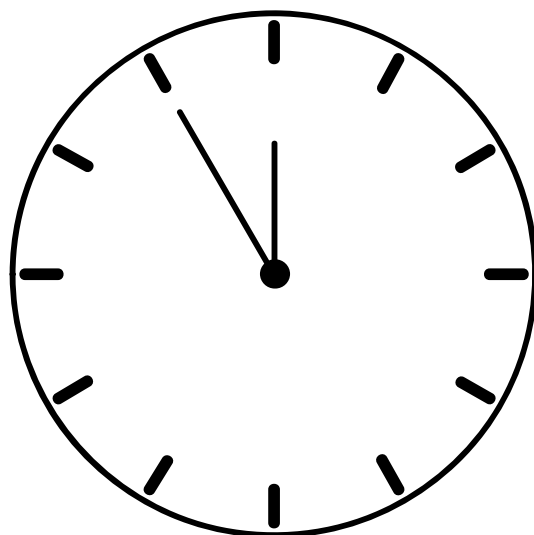
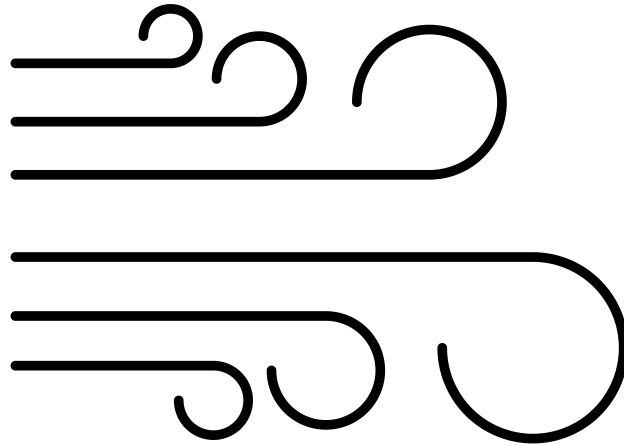


# 1 MINUTE BREATHING



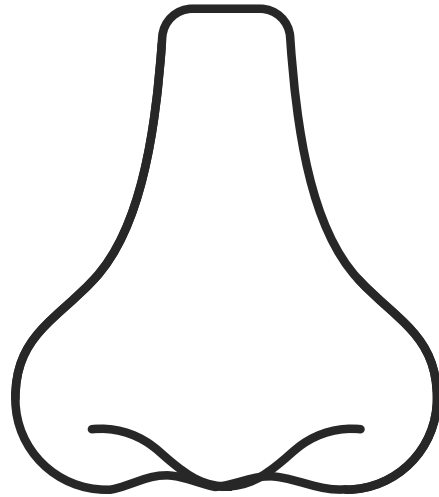
- Sit in a comfortable position.
- Take 10 slow, deep breaths. Try breathing in for 5 seconds, hold for 2 & out for 5.
- Notice the sensation of your lungs emptying. Notice the feeling of them refilling. Pay attention to your rib cage rising & falling. Finally, notice the gentle rise & fall of your shoulders as you breathe in & out.

# CONTROLLED BREATH



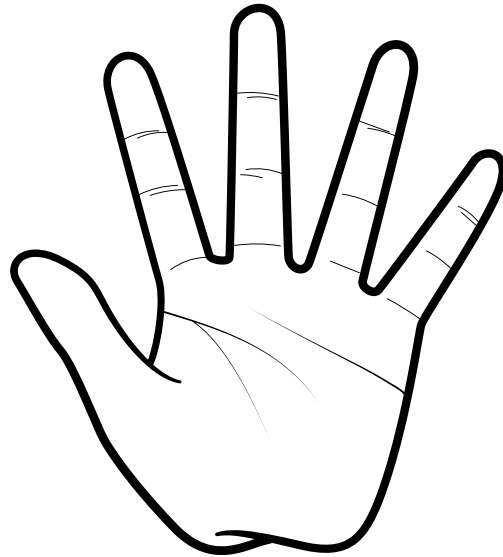
- In a safe & calm environment, breathe in through the nose for 4 seconds.
- Hold the breath for 2 seconds.
- Breathe out through the nose for 6 seconds, then pause slightly before repeating for 10 to 20 breaths.
- Practice this regularly, using this technique any time you notice anxious symptoms coming on.

# ALTERNATE NOSTRIL BREATHING



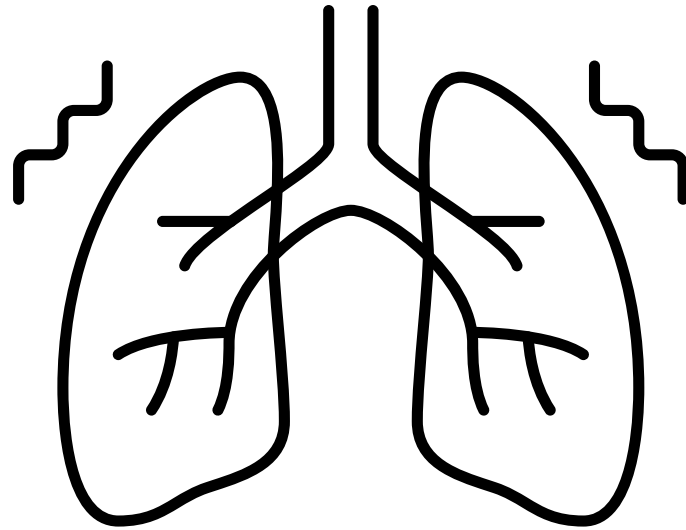
- Place your thumb on your right nostril & take a deep breath in through the opposite nostril.
- Now place a finger on your left nostril & remove your thumb, pause for a second & breathe out. Hold for another second then breathe in through your right nostril.
- Now place your thumb back again & lift your other finger. Now breathe out.
- Repeat the cycle 10 more times.

# FIVE-FINGER BREATHING



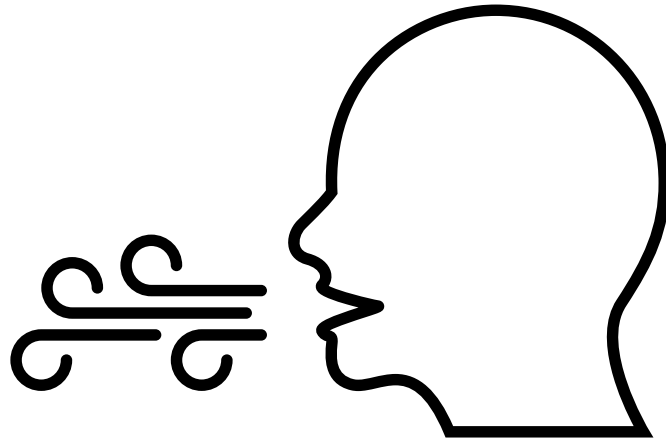
- Sit comfortably with your back straight.
- Open the palm of one hand.
- Now with the pointer finger on your other hand, slowly trace your fingers while breathing.
- Trace up one side of your thumb & breathe in as you count to 3.
- Now breathe out while tracing down the other side of your thumb, counting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

# 5-3-3 BREATHING



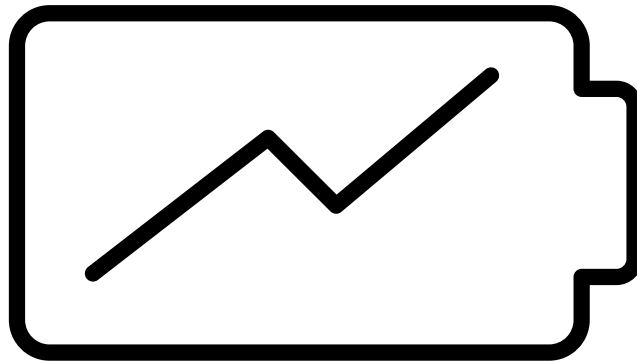
- Start by taking 5 deep breaths. Focus on filling your lungs up as much as possible, breathing in through your nose & out through your mouth.
- Now, breathe in & out 3 times 'fast'. In through your nose & out through your mouth.
- Finally, breathe in & out 3 times as loudly as you can. Again, in through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