

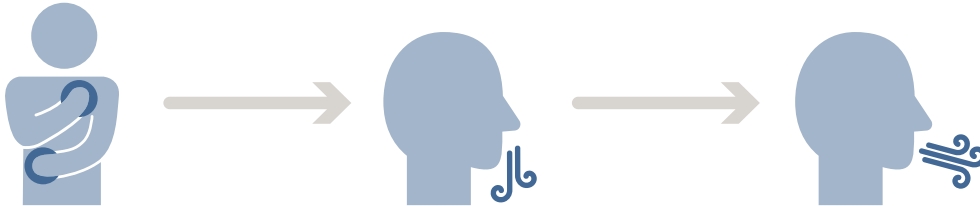
GUIDE TO BREATHING TECHNIQUES

Deep breathing activates the body's calm-down mechanism. Even as little as one minute of deep breathing can lessen anxiety and reduce stress hormones in your bloodstream.

Below are three breathing methods worth trying. Experiment to see which best suits you, or devise your own.

BELLY BREATHE

TIP: The hand on your belly should rise and fall, while the hand on your chest should barely move.



1. PLACE

Place one hand on your abdomen and one on your chest.

2. BREATHE

Breathe in through your nose, imagining you are filling your belly with air.

3. EXHALE

BOX BREATHE

TIP: Imagine your breathing—with equal counts in, hold, out, pause—is like drawing a perfect square in the air.



1. BREATHE

Breathe in for four counts.

2. HOLD

Hold for four counts (gently expanded, not tensed.)

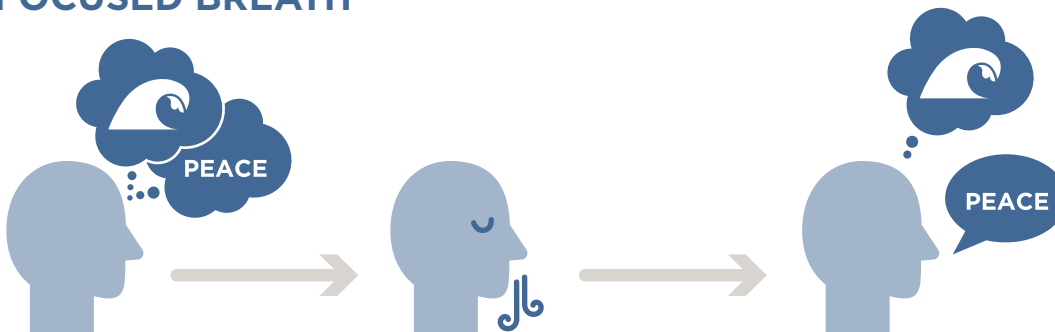
3. EXHALE

Exhale for four counts.

4. PAUSE

Pause for four counts, then begin your next inhale.

FOCUSED BREATH



1. CHOOSE

Choose a soothing word, phrase or image to guide your breathing, for example "Peace", "Let go", or "Wave"

2. CLOSE

Close your eyes. Take a deep breath through your nose.

3. EXHALE

Exhale while saying the word or phrase or picturing your soothing image.