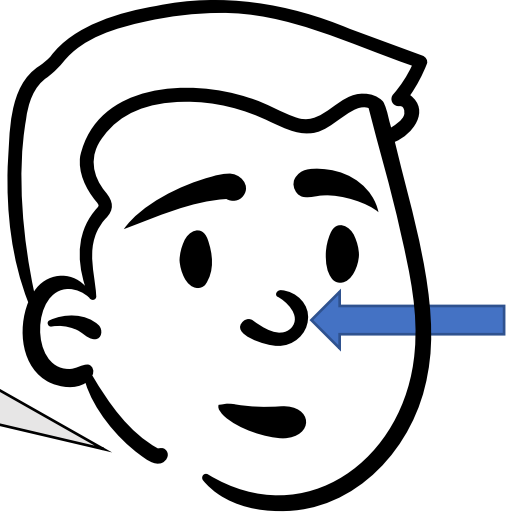


Relaxed breathing

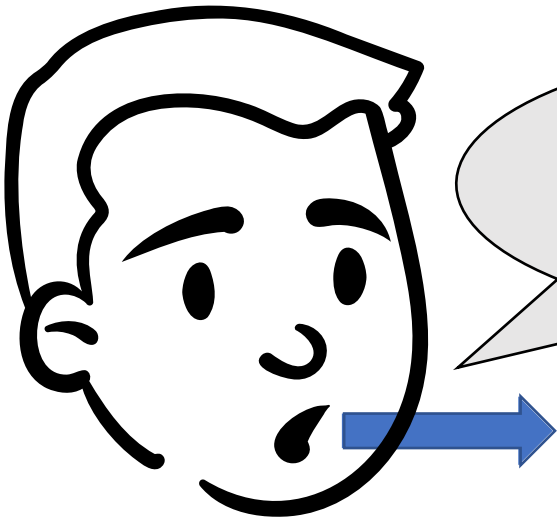


PROGRESS
PSYCHOTHERAPY

Our breathing is altered when we are anxious as our brain signals our body that we are in danger. By relaxing our breathing we can get this back under control and feel better.



Breathe in through the nose for a count of 4
Hold for a count of 1



Then breathe out through the mouth for a count of 3. Repeat as needed.

Top tips

Breathe slowly and deliberately. Try sitting or closing your eyes if possible.

You should feel movement up and down in the stomach area rather than the chest area. This can let you know if you are doing it correctly.

Feel free to take your time with this. It takes as long as it takes.

Do this as often as you can, make it a habit.

If you have problems with the 4 in 3 out rhythm you can change it up.