

BREATHING EXERCISES

Breathing increases oxygen levels, helps to lower blood pressure, reduces anxiety and stress, improves sleep, relaxation and focus, and soothes frustration or overwhelming emotions.

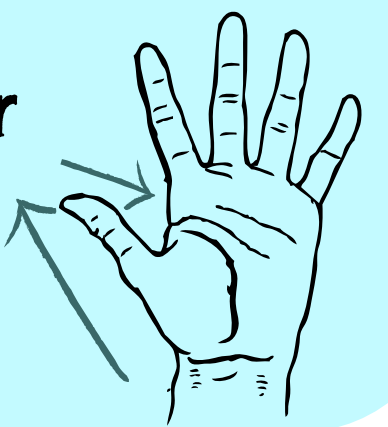
TUNNEL BREATHING



1. Cover your ears with your hands
2. Take 5 deep breaths in and out.
3. As you exhale, try making a humming noise

5-FINGER BREATHING

1. Hold out your hand
2. As you inhale trace a line to the top of your thumb
3. Exhale and trace a line down your thumb
4. Repeat for each finger



BELLY BREATHING



1. Place one hand on your chest and the other on your stomach
2. Breathe in through your nose, out through your mouth
3. Notice how your belly rises and falls as you breathe

NOSTRIL BREATHING



1. Cover 1 nostril with your finger



2. Inhale through the other nostril

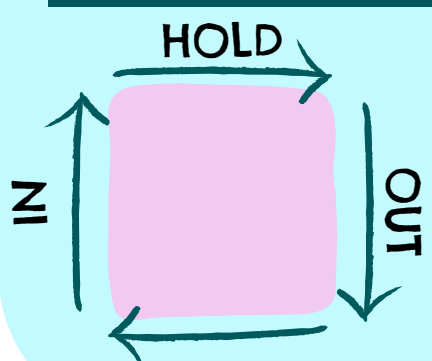


3. Cover other nostril



4. Exhale. Repeat on other side

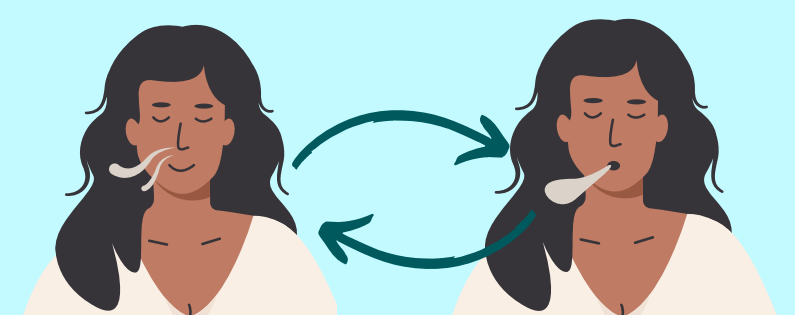
BOX BREATHING



1. Breathe in for 4 seconds then hold for 4 seconds
2. Breathe out for 4 seconds then hold for 4 seconds
3. Trace a side of the box for each 4 seconds

4-7-8 BREATHING

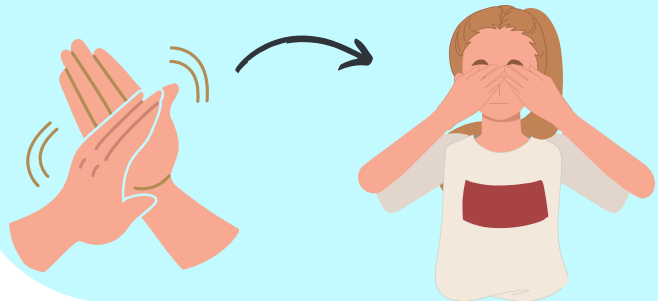
1. Inhale through your nose for 4 seconds
2. Hold your breath for 7 seconds
3. Exhale through your mouth for 8 seconds



GROUNDING TECHNIQUES

Ground techniques are things we can do to take our attention away from difficult emotions or thoughts and refocus on the present moment. They help us to self-soothe in difficult situations or when we are feeling overwhelmed.

EYE COMFORT



1. Rub your hands together quickly
2. Once warm, place over your eyes
3. Let the warmth soak in

PRESSURE POINTS

1. Choose a pressure point (forehead, temples, earlobes)

2. Rub this spot with medium pressure for 2 mins



PALM PRESS



1. Place your hands together at your chest, palms touching

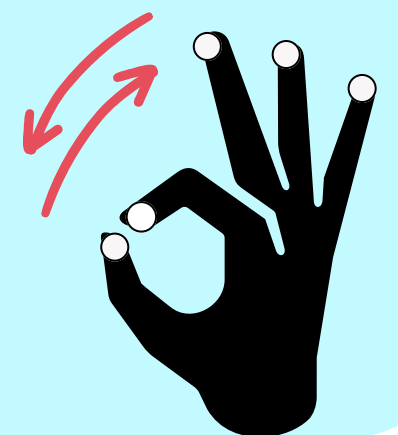
2. Push your palms together as hard as you can for 10 secs

3. Feel the pressure in your hands and arms, then relax

TOUCH POINTS

1. Touch your thumb to each finger starting with your pointer

2. Then work backwards from your pinky. Repeat.



SPLASH IT



1. If possible go to the bathroom and splash your face with cold water

2. The sensation refreshes you and brings you back to the present moment

HEAD PRESS

1. Link your fingers together and stretch up

2. keeping you fingers linked, push down on the top of your head and breathe in

3. Relax and breathe out



USE YOUR SENSES



1. Find your favourite smell. (e.g. a candle, popcorn, perfume)

2. Find some thing that feels nice to touch e.g. fresh sheets, fluffy socks, your pet.

MUSCLE RELAXATION

1. Lie on your back comfortably
2. Focus on one body part at a time starting with your feet
3. Tense each body part for 5 seconds, then relax for 5 seconds
4. Focus on how it feels in your body when you tense/relax each muscle

11. FOREHEAD

Raise your eyebrows as far as you can

9. MOUTH

Open your mouth as wide as you can to stretch your jaw

10. EYES

Squeeze your eyes tightly closed

8. NECK AND SHOULDERS

Raise your shoulders to your ears

7. CHEST

Take a deep breath in to tense your chest

6. STOMACH

Suck in your stomach and tense.

5. ARM

Clench your fist and tense your bicep (one arm at a time)

3. UPPER LEG

Squeeze your thigh muscles (one leg at a time)

4. HAND

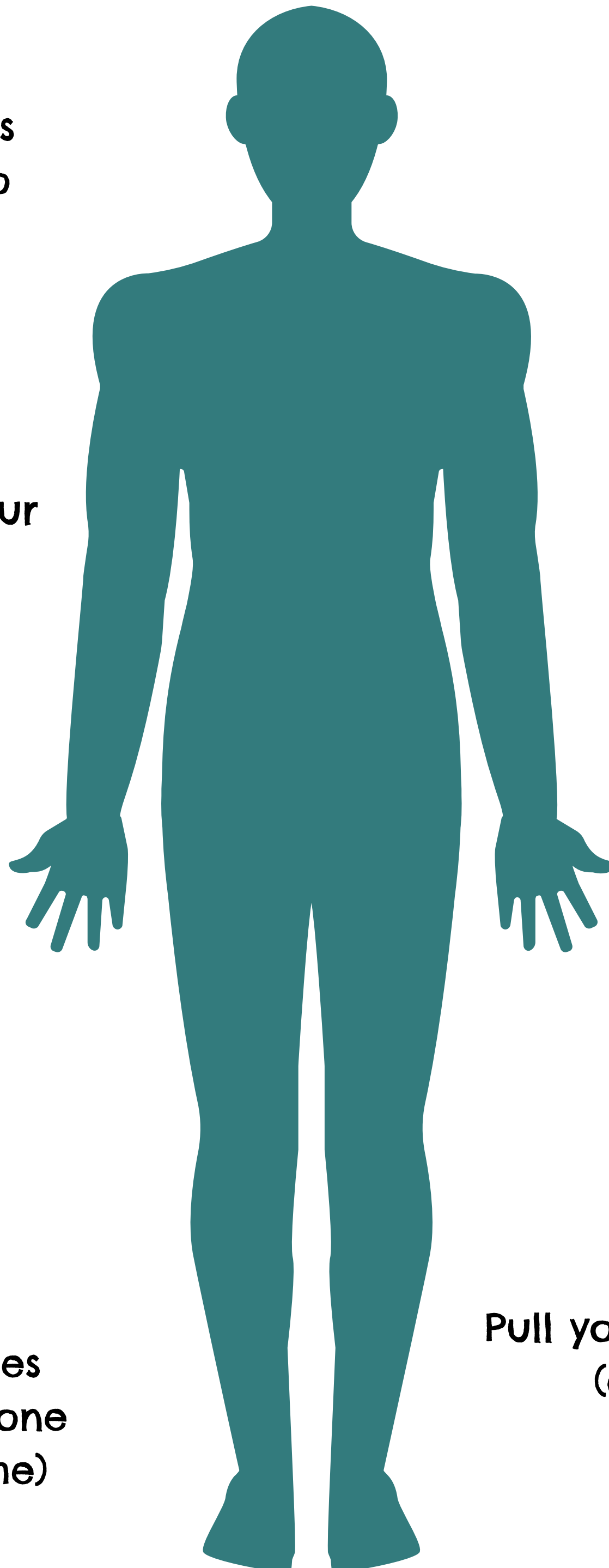
Clench your fist one at a time.

1. FEET

Curl your toes downwards (one foot at a time)

2. LOWER LEGS

Pull your toes up towards you (one leg at a time)



DO THIS TO: Reduce stress and anxiety and get out of your head