

Breathing to relax

Sit back in a comfy chair or lie flat on the floor/bed to make sure you are comfy.

Try to breathe in through your nose & out through your mouth.

- Breathe in through your nose, fill up your tummy with air (it should expand when full of air!) for the count of
1, 2, 3, 4, 5
- Breathe out through your mouth for the count of
1, 2, 3, 4, 5

Repeat until you feel calm and relaxed for up to 5 minutes. You should feel your heartbeat slow down

It may take practice to manage the '5' count but done regularly it will become easier!