

### Relaxation breathing

1. Find a relaxed and comfortable position, sitting upright in a chair or on the floor, hands resting wherever comfortable.
2. Close your eyes, notice how your body feels in contact with the floor or seat beneath you.
3. Slowly breath all of the air out of your lungs through your mouth, counting to 4 in your head
4. After all the breath has been expelled, hold for a count of 4
5. Slowly breath in for a count of 4 and hold for a count of 4
6. Repeat
7. After a few rounds, slowly bring your attention back to the room and ask yourself, 'how am I feeling now?'
8. If you feel more relaxation breathing would be helpful, keep going. If not, turn your focus back into your body. Push your feet into the floor, stretch, move your arms and legs in some way. Push your finger tips or hands together, or maybe move your feet up and down. Ask yourself, what would it be helpful for me to do now?

Key points:

- Breathe at your own pace, you can make the count of 4 as long or as short as you like. You may find your 4 count lasts longer as you practice
- Focus consciously on the feeling of the breath entering and leaving your body
- Breathe in and out of your stomach, rather than your chest
- Some people find visualising colours to be helpful when breathing, e.g. imagining the in-breath as blue and the out-breath as green

