

TIPS for...

BREATHING

to reduce
negative emotions

Breathing...

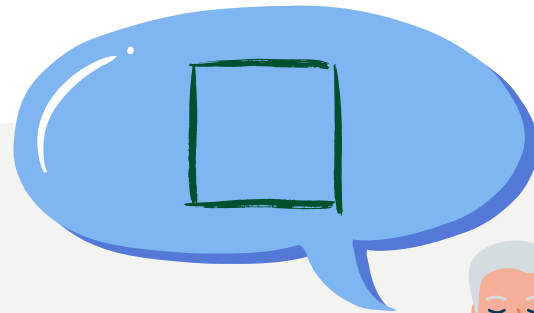
- Reduces stress and tension! It can also help ease anxious feelings!
- Helps with self-regulation by reconnecting you with your body
- Improves cardiovascular health, blood pressure, and lung capacity
- Alleviates post-traumatic stress and even depression!



Box Breathing

How to:

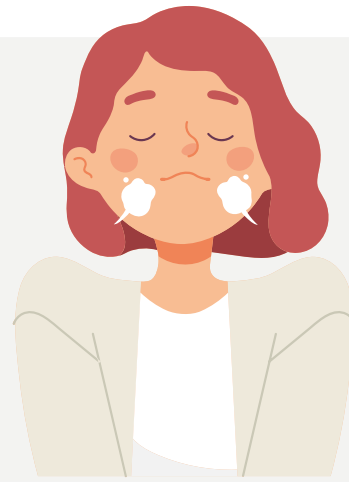
1. Imagine a box
2. As you imagine travelling up the left side, inhale through your nose for 4 counts
3. As you imagine travelling across the top, hold your breath for 4 counts
4. Exhale 4 counts as you imagine travelling down the right side
5. Hold for 4 counts as you imagine travelling across the bottom
6. Repeat as necessary



Slow Breathing

How to:

1. Inhale through your nose for 2 counts
2. Pause for a moment
3. Exhale through your mouth for 4 counts
4. Pause for a moment
5. Repeat as necessary



Diaphragmatic Breathing

How to:

1. Lay on your back with your knees bent and feet flat on the floor or sit up straight in a cross-legged position
2. Close your eyes
3. Place one hand on your chest and the other on your stomach
4. Inhale through your nose for about 2 counts paying attention to how your body fills with air
5. Exhale through pursed lips while gently pressing on your stomach
6. Repeat as necessary



Humming Bee Breathing (Bhramari Pranayama)

How to:

1. Sit up straight
2. Close your eyes
3. Place your fingers over your ears, pressing gently on the tragus, to quiet external sounds
4. Take a deep breath in through both nostrils
5. When exhaling, keep your mouth closed and let out a nasally humming sound which mimics the sound of a humming bee, and it should mildly vibrate the inner walls of the nostrils.
6. Repeat as necessary

