

Breathing to relax:

Sit back in a comfy chair or lie flat on the floor/bed 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 will become easier!