

TAKE A DEEP BREATH

Sit erect, relax body. Breathe through nose – mouth closed. Place one hand on stomach and the other on chest. While inhaling, allow the lower hand to move out, with the stomach. Exhaling, lower hand should move in, as the stomach does. Top hand should not move at all. The back must be straight; the shoulders and chest should not heave.

Inhale

1. Balloon out abdomen slightly.
2. Expand middle rib cage.
3. Expand upper lungs. Hold.

Exhale

1. Release air slowly. Exhale air from upper lobes of lungs.
2. Middle rib cage.
3. Slightly contract abdominal muscles. Squeeze all stale air out.

Repeat

Repeat six times. As you become more aware of this breath and the lungs become stronger, work breath up to inhalation count of six.

Benefits

Increases oxygen supply into the blood, this has a calming affect on the nervous system. It also slows down activity of the heart, helps asthma, emphysema, and other respiratory problems, including shortness of breath.

Relaxation techniques from:

Ravenswood Community Mental Health Center
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As you breathe out, practice saying following cue words:

(chill-out, relax, calm down, slow down, ignore, keep cool)

This will help you become further relaxed.

Practice cue statements: I am calm and relaxed

Use tension as a SIGNAL to deep breathe