



## Breathing and relaxation techniques

### SLOW BREATHING

1. Breathe in through your nose for a count of three seconds (one-one-thousand, two-one-thousand, three-one-thousand). Concentrate on filling the bottom of your lungs, not the top. Feel your lower ribs move out as you breathe in – not your shoulders moving up. Breathe very quietly so no-one can hear you (this will make you breathe slowly rather than deeply).
2. Breathe out through your nose or mouth for a count of three seconds.
3. Repeat this exercise three times.

### MUSCLE RELAXATION

1. Find a private place and a comfortable chair, close your eyes and sit quietly, letting go of any distracting thoughts
2. Tense your face (10 seconds). Now relax your face and as you relax, feel the tension drain away and say to yourself "r-e-l-a-x".
3. Tense your arms, shoulders, neck and chest (10 seconds). Now relax them and as you relax, feel the tension drain away and say to yourself "r-e-l-a-x".
4. Pull in your stomach hard and tense your lower back (10 seconds). Now relax and as you relax, feel the tension drain away and say to yourself "r-e-l-a-x".
5. Extend your legs, pull up your toes hard and tense them (10 seconds). Now relax them and as you relax, feel the tension drain away and say to yourself "r-e-l-a-x".
6. Repeat steps 2-5.
7. Visualise a pleasant relaxing scene as you let your body feel relaxed, warm and heavy (time yourself for 2 minutes).