

# #NOMORE | A MOTHERWELL CHESHIRE CAMPAIGN

## BREATHING EXERCISES

Taking slow, deep breaths can help you feel calmer and more relaxed. You can try just one of these exercises or as many as you like. You might need to repeat an exercise a few times until you feel it working.

Try to take deep breaths where you can feel your chest rising. When you breathe out it might feel like you're slowly letting the air out of a balloon. You can close your eyes, look at something in the distance or not focus on anything at all.

Breathe in, breathe out

If you're feeling overwhelmed, take some long, deep breaths.

Breathe and sigh

Breathe in through your nose

Make a big sigh and drop your shoulders downwards as you breathe out through your mouth

Repeat 4 times

Calming words

Breathe in while you say to yourself "I feel calm"

Breathe out while you say to yourself "I let go of stress"

Breathe in while you say to yourself "Feel calm"

Breathe out and say to yourself "Let go of stress"

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Deep calm

Breathe in for 4 seconds

Hold for 7 seconds

Breathe out for 8 seconds

Repeat 4 times

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### Slow breaths

Breathe in slowly while you count 1, 2, 3, 4

Breathe out slowly while you count 4, 3, 2, 1

Repeat 4 times

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### Square breathing

Breathe in as you count 1, 2, 3, 4

Hold as you count 1, 2, 3, 4

Breathe out as you count 1, 2, 3, 4

Hold as you count 1, 2, 3, 4

Keep your counting even and trace your finger along the 4 edges of a box of tissues or dice if that helps you to keep focus

Repeat 3 times