



## Breathing to relax

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