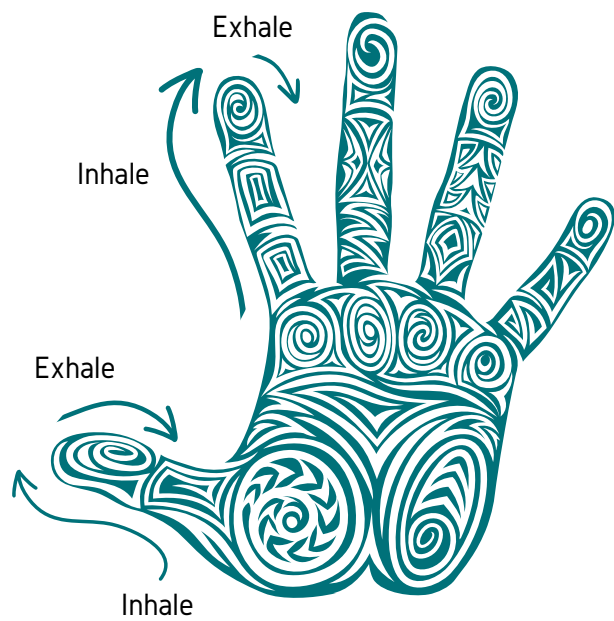


JUST BREATHE...

4 steady breathing techniques



HIGH FIVE BREATHING

- Use your index finger on your dominant hand to trace over your thumb and fingers on your opposite hand.
- Place your finger at the base of your opposite thumb, as you inhale through your nose start to trace your finger from the base to the tip.
- As you exhale out through your nose, start to move your index finger from the tip of your thumb to the base of your first finger.
- Inhale trace your finger up towards the tip, exhale trace your finger to the base of your second finger. Continue this movement in time with your breath all the way to your little finger, then start again.

Just take your time, there is no need to rush...just follow your breath.

COUNT TO 10

- Inhale through your nose, then exhale, count the number 1 in your mind.
- Inhale through your nose, then exhale, count the number 2.
- Repeat and count up to 10.

If your mind starts to wander don't worry, just bring your attention back to your breath and start counting again. It soon becomes easier and you'll start to focus more on your breath.



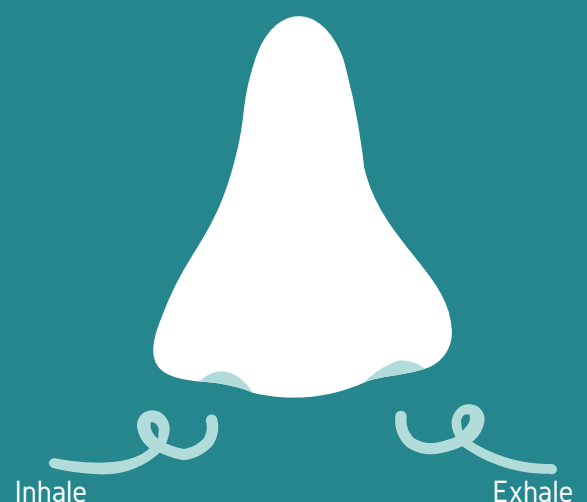
CALMING BREATH 4-7-8

- Completely exhale through your mouth.
- Close your mouth and inhale quietly through your nose, count to 4 in your mind.
- Next, hold your breath for a count of 7.
- Then exhale completely through your mouth, for a count of 8.
- Repeat for as long as feels good for you and you're starting to feel more calm.

If you need to reduce the count to start with you can. Build up to holding your breath for longer and breathing out, it soon becomes much easier.

ALTERNATE NOSTRIL BREATHING

- Take a full breath in through your nose and out.
- Close off your right nostril with your right thumb, inhale through your left nostril for the count of 4 or 5 and close both nostrils with your index finger.
- Close off your left nostril with your right index finger, release your thumb to open your right nostril and exhale out for the count of 4 or 5.
- Keep the left nostril closed and Inhale through your right nostril for the count of 4 or 5, then close both nostrils.
- Close off your right nostril with your right thumb, open your left nostril and exhale out for the count of 4 or 5.



Repeat several times, finish breathing out of your left nostril. Notice if your breath feels more balanced.