**Calm Breathing**

* Getting ready
* – Sit or lie down and make sure you are comfortable
* – You can close your eyes if you like or focus on fixed point in the room
* **What to do**
* • **Breathe slowly and smoothly**
* – Breathe in through your nose (count, e.g. 1, 2, 3)
* – Pause for a second
* – Then breathe out through your mouth for longer (count, e.g. 1, 2, 3, 4, 5)
* Breathe into your stomach
* – Try to breathe into your stomach (rather than your chest) - you could imagine filling up your stomach with air like a balloon when you breathe in and it should shrink back down as you breathe out
* – It can help to place one hand on your lower tummy and one hand on your chest at the top of your lungs. When you breathe in and out, only the hand on your tummy should move