

KILSYTH ACADEMY

POSITIVE COPING STRATEGIES

DEEP BREATHING TECHNIQUES

Deep breathing techniques can be used to help you stay calm and combat anxiety at this time.

These can be done anywhere but may work best in a quiet setting where you feel comfortable and free from distractions.

Balloon Breathing

- You should inhale through your nostrils slowly noticing your stomach expanding like an inflating balloon
- You should then exhale slowly through your mouth imagining a balloon releasing air
- Repeat this for as long as is needed, slowly inhaling, and exhaling.

NHS.UK Breathing Practice

- Breathe in through your nose and out through your mouth
- Breathe in gently counting slowly from 1 to 5; You may find it difficult to reach 5 at first but should continue to aim for this
- Then without pausing or stopping or holding your breath, breathe out gently counting slowly from 1 to 5
- Repeat this for as long as is needed, slowly inhaling, and exhaling.