



Square Breathing

Find a square in the room and focus your eyes on it. As you look up the left hand side of the square from bottom to top, breathe in for four seconds. As your eyes go along the top, hold your breath. Then as your eyes move down the right hand side of the square, breathe out for four seconds. Lastly as your eyes move along the bottom of the square hold your breath again for four seconds. You can repeat this for a few minutes until you feel better.



Hi Five Breathing

Try holding up your right hand with your palm towards you. Then starting at the bottom edge of your hand, with a finger from your left hand, you slowly bring your finger up to the top of your little finger, while you do this take a long breath in. Then you breathe out slowly, and while doing that bring your finger to the bottom of your next finger, repeating until you get to the bottom of your thumb. Repeat this for as long as you need to relax.



Using a breathing technique can help relax your bodily symptoms as well as helping you to think more clearly.