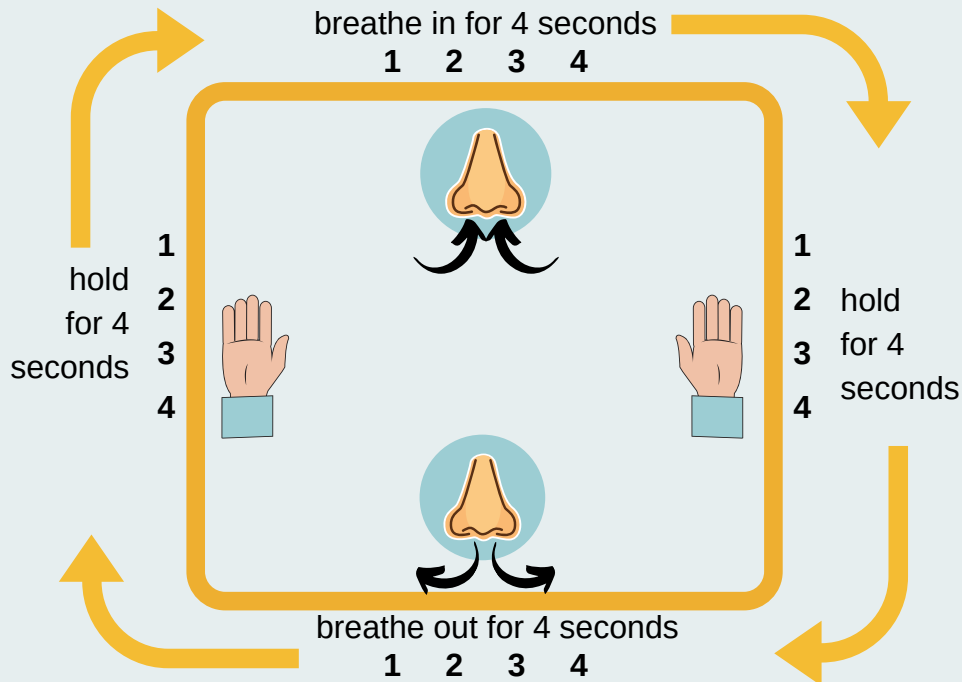


Breathing Exercises

You can use these anywhere, any time you begin to feel overwhelmed, frustrated or anxious. They work to slow your heart rate & manage the physical effects of stress & anxiety.

Square Breathing



Take Ten Breaths



take 10 slow, deep breaths & while you're breathing,



focus on breathing in and out as slowly as possible



notice how it feels as your lungs fill, empty and then refill



wherever you feel each breath most, focus on that area - the rise and fall of your shoulders, your chest, your belly



see if you can let your thoughts come and go - like cars passing by or clouds in the sky

If you feel dizzy or light-headed, stop & go back to breathing normally.

Listen to your body & don't do anything that makes you uncomfortable. Some things will be easier on certain days than on others, so be kind to yourself.

Adapted from Bury Support for Care Homes Resource Pack Apr 20

