

## Paced Breathing

1. Find a comfortable and quiet place to sit.
2. Place one hand on your chest and the other hand just above your belly button.
3. Breathe in slowly through your nose for a count of 4 seconds.
  - Focus on expanding your stomach rather than your chest. (Your lower hand should rise while your upper hand remains still).
4. Hold for 4 seconds.
5. Breathe out slowly through your mouth for 6 seconds.
6. Repeat this for 3-5 minutes or until you feel more relaxed.



### Tips:

- Focus on taking a deep breath, not a big breath. You can achieve this with belly breathing - your stomach should expand rather than your chest.
- If you find the 4-4-6 count breathing difficult, adjust to breath in for 3 seconds, hold for 1 second, and breath out for 4 seconds.
- Consider silently repeating a word such as “relax” or “calm” with each out breath.
- Practice daily when you are calm. With practice, deep breathing will become more effective, more quickly. This will make the skill that much more helpful when you feel anxious and wish to relax.