



RELAX & BREATHE

Who can do it?



Everyone

When can you do it?



When you feel anxious or stressed or restless or angry.

How will it help and expected outcomes?



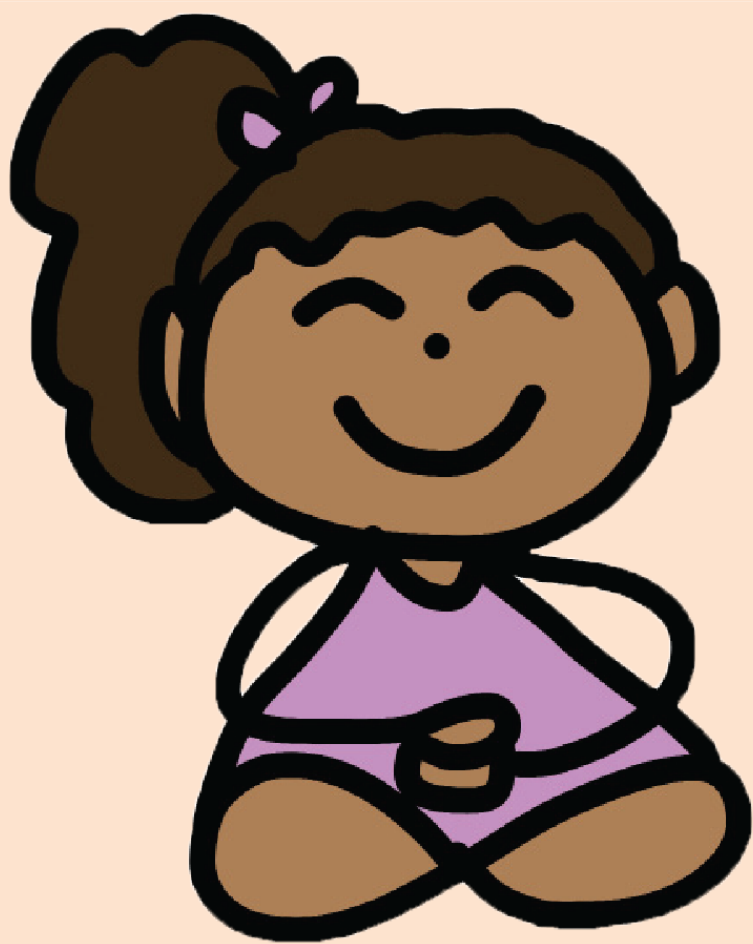
- It will help you calm down - normalize palpitations, breathing, sweating, etc.
- It will help you to relax and calm down your anxiety, stress, restlessness, and anger.
- It encourages full oxygen exchange in breathing; it can slow the heartbeat and lower or stabilize blood pressure.

Resources required?



Yourself

HOW TO DO IT?



Balloon breathing

- Sit in a comfortable position.
- Place your hands around your mouth as if you are about to blow a balloon.
- Take a deep breath in through the nose; as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon.
- Hold your hand position as you inhale again and then spread your hands further as you exhale.
- Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.



Shoulder roll breathing

- Sit in a comfortable position.
- As you take a slow deep breath in through your nose, raise your shoulders up towards your ears.
- Breathe out slowly through your mouth, lowering your shoulders as you exhale.
- Repeat slowly, rolling your shoulders up and down in time with your breath.

HOW TO DO IT?

Take 5 breathing



- Sit in a comfortable position.
- Rest one hand in front of you with fingers outstretched like a star, and the pointer finger of your other hand ready to trace this hand.
- Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb.
- Breathe out slowly as you slide your pointer finger down the inside of your thumb.
- Breathe in as you slide your finger up the next finger and out as you slide it down.
- Continue breathing in and out as you trace your whole hand.



Bumblebee breathing

- Sit in a comfortable position.
- Gently place the tips of your pointer fingers in your ears and close your eyes.
- Breathe in through your nose and then hum quietly as you slowly breathe out.