

JUST BREATHE...

TAKE BACK CONTROL OF BIG EMOTIONS!

USE WHEN YOU FEEL SCARED, ANGRY, ANXIOUS OR OVERWHELMED.

1. Sit up straight and place your hands on your tummy OR lay down on the floor and place a soft toy, or hands, on your belly. You may also like to close your eyes.
2. Breathe in through your nose, imagine you are smelling a flower, and count to 4 in your head. Make sure to breathe all the way into your belly. You will feel your tummy rise underneath your hand or toy.
3. Hold your breath for one count.
4. Now breathe out through your mouth, imagine you are blowing out a candle, while counting to 5. Feel all the air empty out of your tummy.
5. Repeat at least 5 times.

TOP TIP...
MAKE SURE TO PRACTICE
WHEN YOU ALREADY
FEEL CALM SO YOU CAN
USE IT WHEN YOU
REALLY NEED IT.

IF YOUR
MIND WANDERS
DON'T GIVE UP!
JUST BRING YOUR
THOUGHTS BACK TO
YOUR BREATHING.

PUPPIES
ARE
CUTE!

I'M
HUNGRY!

How does it work?

Deep belly breathing, or diaphragmatic breathing, is one of the easiest resilience building tools out there. When you are stressed or anxious you feel it physically - your heartrate increases, your breathing gets faster, your muscles tense up and adrenaline is produced. This is your sympathetic nervous system activating, the aim of which is to keep you safe. Concentrating on your breathing allows you take back control of the sympathetic nervous system, which in turn will help you calm down, slow down your heartrate and help you to shift out of a stressful, emotional state.

