

RELAXATION BREATHING SCRIPT

PURPOSE

Relaxation breathing is a strategy for helping to reduce intense anxiety. It can also be used as an anxiety-prevention tool. Clients can be encouraged to routinely practice relaxation breathing to prevent the buildup of stress and anxiety.

This relaxation breathing can be done anywhere and at any time. Many people find four-four-eight is a comfortable count to slow down and regulate their breathing, while for others the count may be too long or short and will need to be adjusted. The exhale should be about twice as long as the inhale. The long, slow breath out triggers the relaxation response. If clients are able, encourage inhaling through the nose and exhaling through the mouth.

- 1 Get into a comfortable position.
- 2 Notice your breathing.
- 3 Breathe in to the count of four.
- 4 Hold the breath for a count of four.
- 5 Breathe out to the count of eight.
- 6 Repeat five times, inhaling through your nose and exhaling through your mouth.