

# MINDFUL BREATHING TIPS

Mindful breathing exercises (when practiced regularly) have been proven to reduce stress and promote a feeling of calm. They can be used anywhere and may be of significant benefit to individuals struggling with emotion regulation. Relaxed, abdominal breathing (as opposed to shallow, chest breathing) greatly increases the effectiveness of these exercises.

## COUNTING BREATHING

Breathe in.....Breathe out, say, **"One."**  
Breathe in.....Breathe out, say, **"Two."**

Continue until "ten" is reached, then start over.

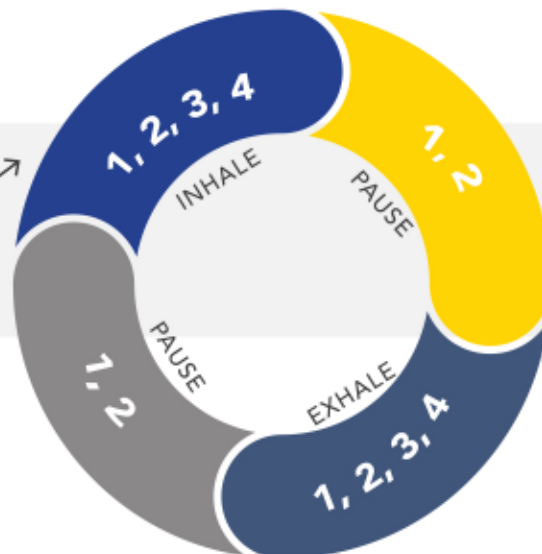
## BECOMING CALM BREATHING

Breathe in, think or say, **"I am."**  
Breathe out, think or say, **"becoming calm"**  
or **"letting go."**

Use any phrase that promotes relaxation.

## CYCLE BREATHING

START HERE



Inhale (*count to four*),  
Hold (*count to two*),  
Exhale (*count to four*),  
Hold (*count to two*).

## RAISED ARM BREATHING

Sit with a forearm resting on each leg, palms down.  
Breathe in (bend elbows and raise back of hands to shoulders).  
Breathe out (return arms to lap).

## WALKING BREATHING

Walk very slowly, synchronizing your breath with your steps: one step for each inhalation, one step for each exhalation.