



Breathing Exercises

When we are overwhelmed and taken over by extreme feelings such as panic, anxiety or anger, breathing exercises are a great tool to help us get out of the moment and return to our baseline. Try some of these!

Belly Breathing	<ul style="list-style-type: none"> Take a deep breath in through your nose, filling your lungs with air downwards towards the belly, slowly release
Blow out the Birthday Candles	<ul style="list-style-type: none"> Take a deep breath and envision you are blowing out the candles on a birthday cake
Blow the Petals off a Flower	<ul style="list-style-type: none"> Take deep breaths and envision you are blowing all the petals off of a flower
Spelling your Name	<ul style="list-style-type: none"> Take a deep breath while you say each letter of your first and last name
Blow some Bubbles	<ul style="list-style-type: none"> Use actual bubbles to help you take deep breaths
Blow up a Balloon	<ul style="list-style-type: none"> Use a balloon and blow it up to help you take deep breaths and rest
Square Breathing	<ul style="list-style-type: none"> Breath in and count to 4. Hold for a count of 4. Breath out to the count of 4. Pause for a count of 4.
Count Backwards from 10	<ul style="list-style-type: none"> Take a deep breath as you say each number counting backwards from 10