

DEEP BREATHING

USE THIS HANDOUT TO HELP YOU DEEP BREATHE WHENEVER YOU ARE FEELING ANGRY OR ANXIOUS!

- 1 MAKE SURE YOU ARE IN A COMFORTABLE POSITION!**
- 2 BREATHE IN SLOWLY THROUGH YOUR NOSE.**
- 3 HOLD YOUR BREATH FOR TWO OR THREE SECONDS.**
- 4 BREATHE OUT SLOWLY THROUGH YOUR MOUTH.**

Tips!

As you breathe in, you should feel your belly fill up with air!

Try to imagine something peaceful and positive!

Clear your mind of the negative thoughts and focus only on the positive!

Try deep breathing as soon as you begin to feel anxious or angry!



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