

Cued relaxation techniques

Deep Breathing

Scan your body for tension. Place one hand on your abdomen and one hand on your chest. Inhale slowly and deeply through your nose into your abdomen, to push up your hand as much as feels comfortable, to a count of 4. Your chest should only move a little bit with this technique. Exhale through your mouth to the count of 5. Continue to take long slow deep breaths in this position for about 5 minutes.

Re – Lax technique

Concentrate on the word RELAX. Say “Re” to yourself as you breathe in, and “LAX” to yourself as you breathe out. Your stomach should go out on the word “RE” and in on the word “LAX” if you are taking deep breaths (like those described above in the ‘deep breathing’ technique). Continue to breathe this way for a few minutes.

Re-Breathing technique

Make a mask with your hands by putting them over your nose and mouth, and keep them there. Breathe in through your nose and breathe out through your mouth. Re-breathe your exhaled air. Repeat this cycle up to **5 times maximum.** Do this slowly and without holding your breath. This can help if you feel panicky.

Square breathing

Close your eyes and try and picture a square in your mind – or alternatively, find something square-shaped (e.g. a window, your phone screen, a cushion, etc.). As you follow the square up the left side from the bottom to the top, breathe in for a count of 3. As you cross the top of the square, hold your breath in for a count of 3. Down the right hand side of the square you breathe out to a count of three. And across the bottom you pause for a count of three, before repeating the process a few times. Here's a diagram:

Remember - These are normal breaths not deep breaths.

