

Mindful Breathing Techniques

These breathing techniques can be effective in helping you to be calm and relaxed.



STAR FISH –

Sit comfortably on a chair. Open your left hand so it looks like a star fish. Extend your pointing finger from your right hand. Starting with your left thumb, use your right pointing finger, go up the outside of your left thumb and breath in. Go down the inside of your thumb and breath out. Continue this going up and down each finger. Swap hands. Repeat as many times as you need.



RAINBOW BREATHS -

Stand tall with your feet shoulder width apart and with your hands by your side and close your eyes. Slowly raise your arm making a rainbow shape, taking a deep breath in. Try to breath in until your hands reach each other by the side of your head. Breath out slowly while you lower your hands. Try to imagine the beautiful rainbow you are creating. Repeat 5-10 times. Each time you breath in, imagine you are adding another colour.



BUMBLE BEE BREATHS -

Find somewhere to sit or stand comfortably. Use your thumbs to cover your ears and close your eyes. Breath in deeply through your nose keeping your mouth closed. Hold your breath and count to 5. Slowly exhale making a humming sound and count to 5.



BLOWING UP A BALLOON -

Find somewhere to sit or stand comfortably. Place your hand on your stomach. Take a deep breath in and feel your stomach fill up like a balloon. Hold and count to 5. As you breath out imagine you are blowing up a balloon and use your breath to fill the balloon. Repeat 5 times.