

Calm Breathing

When we are anxious our bodies “rev up” in a fight / flight response to protect our self from a perceived “threat”. This can cause uncomfortable feelings in our body and our mind (e.g. headache, increased heart rate, light sensitivity, tense muscles, racing thoughts).

This calm breathing technique activates our body’s relaxation system to calm our body and our mind. The emphasis in this breathing technique is to extend the out breath for 2-3 seconds longer.

How to do it:

- Take a deep breath in through your nose for the count of 4
- Hold for the count of 2
- Slowly breath out through your mouth for the count of 6
- Hold for the count of 2
- Repeat 5 to 10 times, or until you notice a shift in how you are feeling towards calm

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