

Relaxation Techniques

Deep Breathing

1. Practice in a comfortable, quiet place without any distractions.
2. Inhale slowly through your nose, counting to 5 slowly in your head.
3. Let your stomach expand as much as it can.
4. Hold your breath for two or three seconds and then slowly exhale through your mouth, again counting to 5 slowly in your head.
5. As you exhale your breath, focus on a word that brings you a sense of peace and relaxation.
6. Let your stomach deflate as much as it can.
7. Repeat these steps 4 or 5 times each time you practice.

Current Stress Rating (0-10): _____

Stress Rating after Deep Breathing (0-10): _____

My goal will be to practice my **Deep Breathing** exercises _____ times a day / week

at the following time(s): _____