

BREATH REGULATION

When we feel stressed out, overwhelmed, or maybe anxious, it may help to control your breathing. By using this strategy, we can tell our brains that we want to slow down our thoughts, feelings, emotions, or bodies. Below is one example of breath control; you can change the number of seconds to what feels useful for you. However, please try to make sure that your exhale (when you breathe air out) is *longer* than your inhale (when you breathe air in).

CHOICE 1

- Breathe IN for 4 seconds
- Breathe OUT for 6 seconds

Perhaps this doesn't feel useful for you. You can make it shorter, like in this example:

CHOICE 2

- Breathe IN for 3 seconds
- Breathe OUT for 4 seconds

Maybe you choose longer counts, like this example:

CHOICE 3

- Breathe IN for 4 seconds
- Breathe OUT for 5 seconds

CHOICE 4

If none of these feel useful for you, try matching the inhale and exhale, like this:

- Breathe IN for 3 seconds
- Breathe OUT for 3 seconds

There is no wrong or right number of seconds. Breathe in and out in whatever way feels most supportive or useful for your body. Just remember to breathe out (exhale) for a longer time than you breathe in (inhale), or make them equal.

How many seconds feel most useful for you (you can fill in the blank if you like)?

Inhale: _____

Exhale: _____

Are there any choices above that you would like to try, but haven't? Are there other choices that aren't listed that may be more useful for you? Maybe you can choose to try them next time!

If you would like an App to assist you with this practice, you may choose to:

Download the FREE app “BREATH BALL”:

Breath Ball is a free app that lets you choose how long to inhale and exhale for. There is a ball that shrinks then expands, so you can follow along as you breathe in and out. You

can change the length of the inhale or exhale. You can also choose how long you want to practice in the Settings of the app.