

Deep Breathing

Teaching individuals how to control their breathing when they are beginning to feel anxious is a key method which can be used to slow respiration and decrease racing heart rates, allowing the individual to feel in control and as a result less anxious. Breathing techniques can take several forms but this document explains 4 approaches; Diaphragmatic Breathing, Bubble Breaths, Bee Breathing or Cake Breaths.

Diaphragmatic Breathing

This is simply breathing in through your nose for 5 seconds and out through your mouth for 7 seconds.



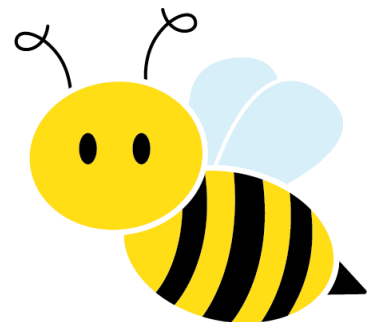
Bubble Breaths

This is where you grab a bubble wand and take a slow deep breath in and slowly blow out. Watch the bubble float away before taking another breath and blowing a new one. You can also try to imagine all of your worries going out of your body, into the bubble and floating away.



Bee Breathing

This is where you take a deep breath for 5 seconds in through your nose and then as you release the air from your mouth for 7 seconds, buzz like a bumble bee.



Cake Breaths

This is where you close your eyes and imagine you are smelling a birthday cake as you breathe in for 5 seconds through your nose. As you exhale, imagine you are blowing out all of the candles on the cake.



All of these techniques have the same aim, of allowing individuals to focus on their breathing, slow their breathing and in turn their racing heart rate.