

## How to do alternate-nostril breathing



1. Use your thumb on your right hand to close your right nostril.



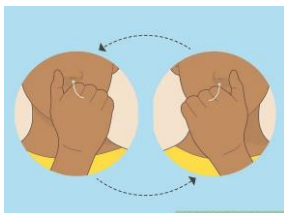
2. Inhale deeply through your left nostril for 5 seconds. Hold it for 5 seconds. Then exhale slowly for 5 seconds.



3. Use your thumb on your left hand to close your left nostril.

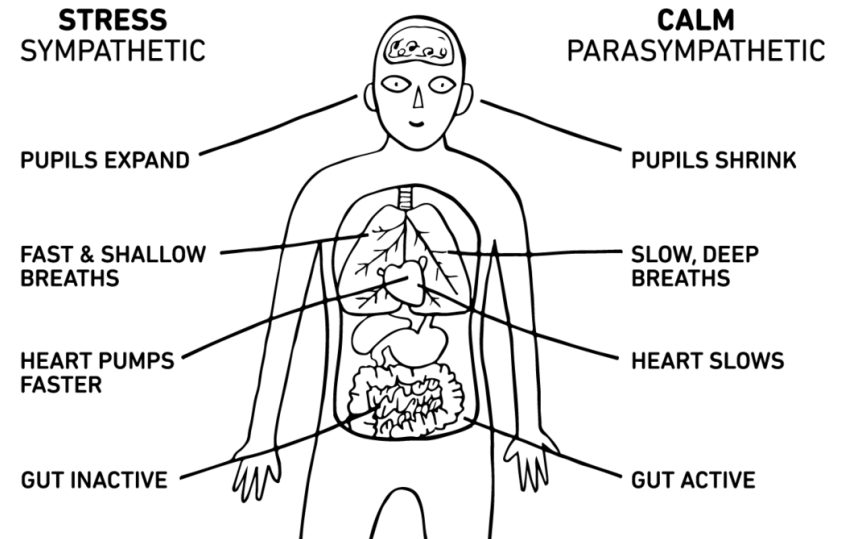


4. Inhale deeply through your right nostril for 5 seconds. Hold it for 5 seconds. Then exhale slowly for 5 seconds.



5. Repeat 5 to 10 times (a total of 10 to 20 breaths).

## Calming breathing techniques



### How do calming breathing techniques work?

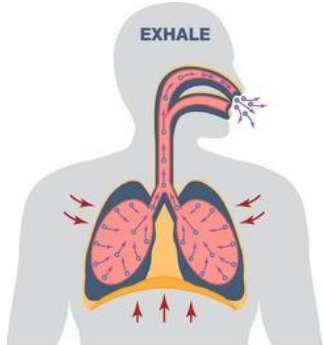
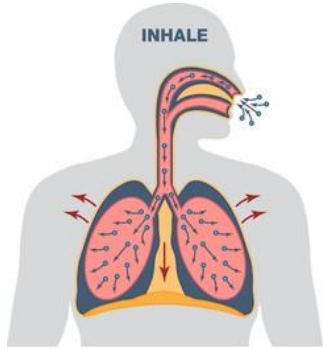
Long, slow breaths help slow the heart rate and stimulate the parasympathetic nervous system.

The parasympathetic nervous system maintains our resting state – sometimes it is called the 'rest and digest' response. This is the opposite of the 'fight or flight' response.

The best breathing techniques are simple enough to remember but slightly complicated – you need to think about what you are doing, which means we are also distracted from our worries or panic while we're practising it.

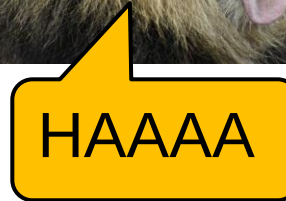
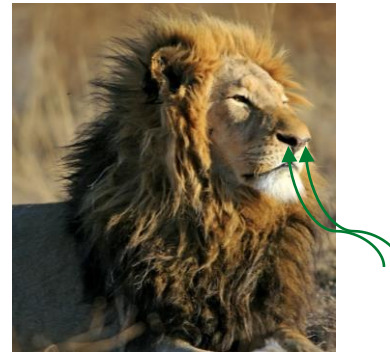
Be sure to practise when you are calm so that it's easier to do when you aren't!

## How to do box breathing



1. Sit or stand comfortably.
2. Inhale deeply for 4 seconds. You should see your tummy rising as well as your chest.
3. Hold your inhaled breath for 4 seconds.
4. Exhale fully for 4 seconds.
5. Hold your exhaled breath for 4 seconds.
6. Repeat 5 times.

## How to do lion breathing



1. Sit or stand comfortably.
2. Inhale deeply through your nose with your mouth closed.
3. Open your mouth wide and stick out your tongue, curling it down towards your chin.
4. Exhale forcefully making a "ha" sound. Keep your tongue out the whole time! Don't be afraid to get loud!
5. Relax your face and take 4 normal breaths, then repeat.
6. Repeat 5 times.