

DEEP BREATHING EXERCISE

It is important that when we become nervous, worried, or afraid that we learn to settle our bodies down first. By doing this, we can better handle situations, thus making things better for ourselves and making us feel better about ourselves. Learning deep breathing can help us to do this. Your therapist will help you learn this skill.

STEP 1 (Think 4-4-4)

- Take 4 deep breaths in.
- Hold these breaths for 4 counts.
- Then breathe out 4 counts.
- Repeat two times.

STEP 2

- Using your hand to represent a slice of pizza, identify all of the toppings that are your favorites.
- Now using your hand as the piece of pizza, imagine it coming right out of the oven and how that smells. In order to smell it good, take in 4 deep breaths, holding that great smell for 4 counts.
- Next cool the pizza off so you can eat it by blowing on it for 4 counts.
- Repeat two times.

STEP 3

- To further your skill at deep breathing, practice by using a pinwheel, bubbles, or sunflower seeds.
- Remember the 4-4-4 technique, and in using it, see either how long or fast you can make the pinwheel go or how big a bubble you can blow. You can also practice with the pinwheel, bubbles, or sunflower seeds at home between appointments.



STEP 4

- Now to get this deeper breathing into our brains, teach this to your kids or partner. If they are not available, teach it back to your therapist.

STEP 5

- With the help of your therapist, identify a situation at home and one at work that make you feel anxious/nervous, worried, or afraid.

At Home: Situation

At Work: Situation

Now make a plan for how you will use your deep breathing skills the next time these two situations come up. Plan: _____

STEP 6

- Practice your deep breathing at home during the week by yourself using a pinwheel, bubbles, or sunflower seeds. Report to your therapist how you are doing and how you have used deep breathing in the situations you identified in Step 5.