# PictureCalming breathing

# Doing this simple exercise increases calm and reduces anxiety/stress.

# Practice as often as you can. It only takes a few moments and the more your practise the greater the benefit. Bedtime is always a good time to practice.   1.   close mouth (we tend to breathe faster through our mouth, only exacerbating unpleasant feelings/sensations) 2.  breath in slowly (visualise soft gentle calm flowing in and down your body)  3.  breath out slowly (visualise tension leaving your nose and body and notice your shoulders relax down)

# 4. repeat 2-3, ten times, counting (in your mind) at the end of each out breath.

# You can leave the practice there or continue counting breaths from 1 to 10 repeatedly, to deepen relaxation. Note: If your mind wonders off, just keep re-focusing on your breath.  We can't stop our thoughts, but we can choose what we focus on.

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