



Controlled Breathing

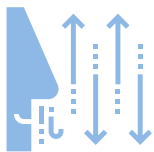
You can use controlled breathing to calm your fight-or-flight response. Remember, you don't *have* to use controlled breathing to soothe this response; the fight-or-flight response is **not** dangerous and will pass naturally on its own. But controlled breathing can help you feel more relaxed, and might give you a greater sense of control over your stress or anxiety.

Controlled breathing can feel strange at first, but with practice, it should start to feel more natural. Practise controlled breathing when you feel relaxed, so that you can easily use it when you feel stressed.

How To Do Controlled Breathing



Sit or lie down somewhere quietly, where you're unlikely to be disturbed.



Start to breathe in and out gently through your nose.



Breathe into your diaphragm, rather than your upper chest (your stomach should rise and fall as you breathe, rather than your chest).



Breathe in for three counts, and out for three counts. As you breathe out, notice the tension leaving your body.



Continue for at least three minutes, or until you feel calmer.

If you have a medical condition that might be impacted by controlled breathing, please consult with your doctor before trying this strategy.