



# Breathing Techniques

*When we breathe deep and slow, it sends a message to our brain and body to calm and relax (when stressed, we often hold our breath or breathe too quickly).*

- **Color breathing:** Imagine a relaxing color enter your body as you take a deep breath. As you breath out, visual stress and tension leaving your body through an unfavorable/disliked color. Set a time and repeat for 1-2 minutes.
- **Box breathing:** Breath in slowly to a count of 4, hold your breath for a count of 4, exhale for another count of 4, hold your breath again for a count of 4. Set a timer and repeat for 1-2 minutes.
- **Alternate nostril breathing:** Cover one nostril with your pointer finger- breath in and out. Release and cover your opposite nostril with your thumb- breath in and out. Continue alternating covering each nostril for 1-2 minutes.