

HeadFIT

Breathing Techniques

Breathing is not something you think about very often. But when you're stressed or panicky, it's useful to know how to control your breathing so you can calm down and think straight once again.

Over the next couple of minutes we'll practice a simple technique that should help you relax. It's called 7-11 breathing. When you breathe in you stimulate the part of your nervous system that revs you up and breathing out brings you back down to a state of calm. Breathing out for longer than you breathe in will help you to relax.

Let's try it.

As the circle expands, breathe in and as it contracts, breathe out.

So breathe in

and out

and in

and out.

Try to do it for two minutes at a time if you can.

Use it wherever you are and whenever you like.