

# Breathing for Relaxation



Next time you feel anxious, try this simple relaxation technique:

1

Inhale slowly  
and deeply  
through  
your nose

Keep your shoulders relaxed.  
Your abdomen should expand as you breathe.  
Your chest should rise very little, as the focus is  
on breathing from your stomach.

2

Exhale  
slowly  
through your  
mouth

As you breathe out, blow air out and purse your  
lips very slightly, keeping your jaw relaxed.  
You may hear a soft 'whoosing' sound as  
you exhale.  
Try to think of the word 'out' as you exhale.

3

Repeat this  
breathing  
exercise

Do this for several minutes, until you start  
to feel better.

You can perform this exercise as often as needed. It can be done standing up, sitting down, or lying down. If you find this exercise difficult or believe it is making you anxious or panicky, stop for now. Try it again in a day or so and build up the time slowly and gradually.

You can find lots more resources, tips and activities on our website  
[www.bathmind.org.uk/advice-and-support/wellbeing-activities/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/)