

STAY CALM BREATHING TECHNIQUES

Often when we are scared or angry, we breathe faster than usual and we tense up our body. One of the easiest ways to calm ourselves down is by taking deep breaths. Practice these breathing techniques that can help you to slow down, remain focused, and stay calm when you feel upset.

Read about the breathing techniques and watch the video demonstration.

- **Bear Breath:** Place your hands on your stomach. Count to four as you inhale, hold your breath for two seconds, and then count to four as you exhale. You should feel your stomach slowly rise and fall as you breathe in and out.
- **Bunny Breath:** Sniff three times through your nose (like a rabbit) and then slowly breathe out through your mouth. This helps us to breathe in fresh oxygen.
- **Squeeze Breath:** As you inhale, make all your muscles tight and then loosen them as you exhale. Squeezing and relaxing your muscles will help your body to naturally relax.

