

# JobTIPS



## Tips for Deep Breathing

1. Breathe IN through your nose.
2. As you breathe IN, count slowly to 5. Or watch the second-hand on your watch until you get to 5. The key is to breathe in SLOWLY.
3. Then breathe OUT through your mouth.
4. As you breathe OUT, count slowly to 5. Or watch the second-hand on your watch until you get to 5. Again, the key is to breathe out SLOWLY.
5. You want to breathe in and out slowly because that is relaxing. Breathing in and out quickly is not relaxing- in fact, it can make you more anxious! So remember to take slow, deep, soothing breaths.
6. Then repeat these steps. Breathe in slowly, then breathe out slowly.
7. Take as many deep breaths as you need. The more deep breaths, the calmer you may get.
8. Aim to take at least 10 deeps breaths.