

Carol's Breathing Tools

Each one of these breaths will immediately help to "turn off" our stress response. There are three ways to do this:

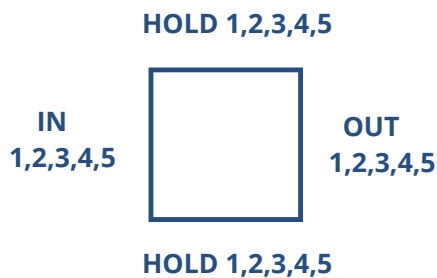
WAY #1



"The Reset Breath"

Put 1 hand on your belly & 1 hand on your chest.
Take a deep breath and concentrate on making the belly rise as you breathe! (Practice at night with a book!)
Breathe in a slow 5 count, breathe out a slow 5 count.

WAY #2



"Square Breathing"

Breathe in & count to 4 in your head (1,2,3,4,5)
Hold it & count 4 in your head (1,2,3,4,5)
Breathe out & count 4 in your head (1,2,3,4,5)
Pause & count 4 in your head (1,2,3,4,5)
REPEAT!

WAY #3



"The Calm Switch"

AKA "The Sigh"

Take a breath in, then another quick breath (Quick snort!)
Let it the breath out thru your mouth very s l o w l y.....
Repeat 1-2 times. Watch Here: [Tinyurl.com/TheCalmSwitch](https://tinyurl.com/TheCalmSwitch)