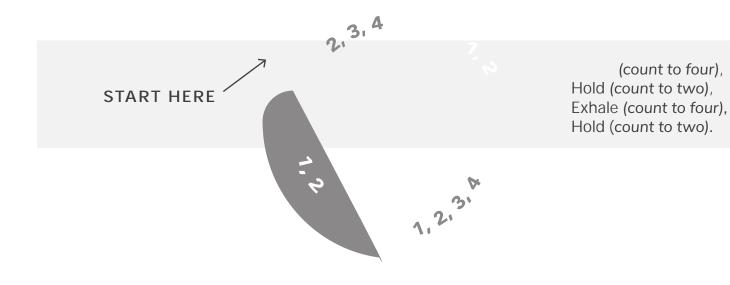
Mindful breathing exercises (when practiced regularly) have been proven to reduce stress and promote a feeling of calm. They can be used anywhere and may be of signif cant beneft to individuals struggling with emotion regulation. Relaxed, abdominal breathing (as opposed to shallow, chest breathing) greatly increases the effectiveness of these exercises.

Breathe in.....Breathe out, say, "One." Breathe in....Breathe out, say, "Two."

Continue until "ten" is reached, then start over.

Breathe in, think or say, "I am."
Breathe out, think or say, "becoming calm" or "letting go."

Use any phrase that promotes relaxation.



Sit with a forearm resting on each leg, palms down. Breathe in (bend elbows and raise back of hands to shoulders). Breathe out (return arms to lap).

Walk very slowly, synchronizing your breath with your steps: one step for each inhalation, one step for each exhalation.