

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 significant benefit 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.

