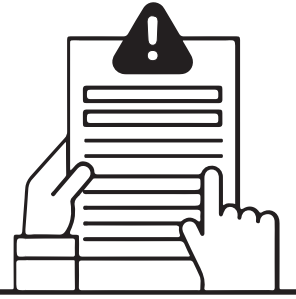


Mental Health Resource Disclaimer



This resource is provided for informational and educational purposes only. As far as possible, the contents of this resource are reflective of professional research as of . This resource is not intended to be used in an emergency and should not replace professional training. If you require mental health advice, you should contact a suitably qualified mental health professional.

Breathing Techniques

Bumble Bee Breath

- 1 Sit comfortably and close your eyes.
- 2 Take a couple of breaths.
- 3 Breathe in through your nose, keeping your lips sealed.
- 4 As you breathe out, hum an "M" sound.
- 5 At the end of your breath, breathe in and repeat.
- 6 Can you feel the vibrations in your mouth?

Warm Drink Breath

- 1 Sit comfortably and close your eyes.
- 2 Imagine you are holding a cup of warm drink in your hands.
- 3 Bring your cupped hands towards your face.
- 4 Breathe in through your nose and imagine what your drink smells like.
- 5 As you breathe out, imagine gently blowing the steam.
- 6 Repeat.

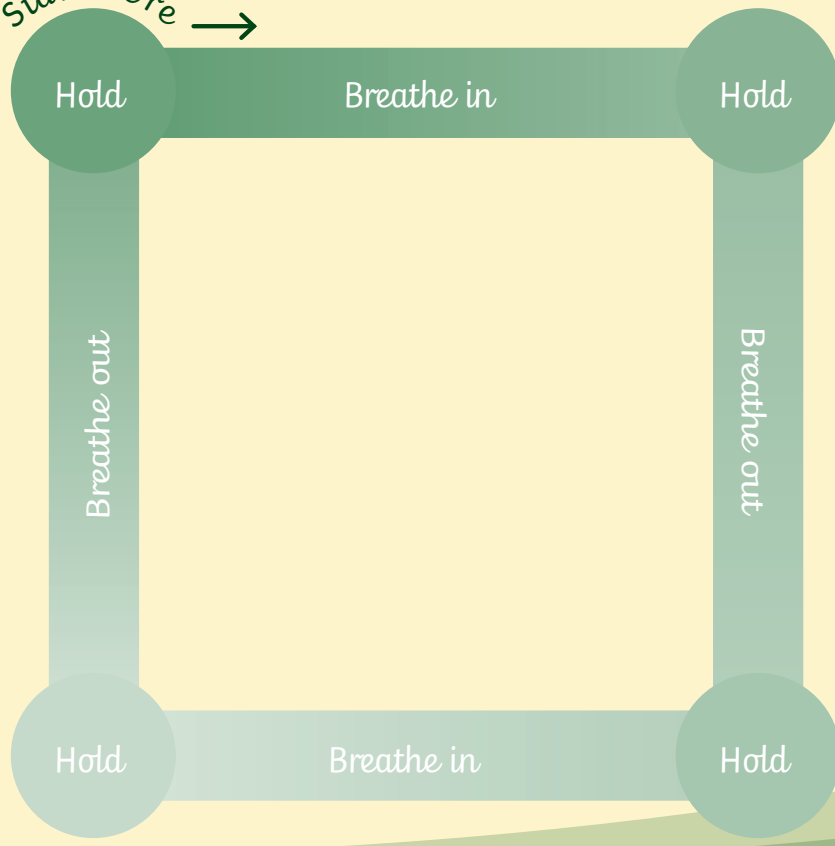
Balloon Belly Breath

- 1 Sit comfortably and close your eyes.
- 2 Take a couple of natural breaths.
- 3 Breathe in and blow out your tummy. Your belly is like a balloon filling with air.
- 4 As you breathe out, your belly will go back down as the air leaves.
- 5 Repeat, being careful not to push your belly out too much.

Hopping Bunny Breath

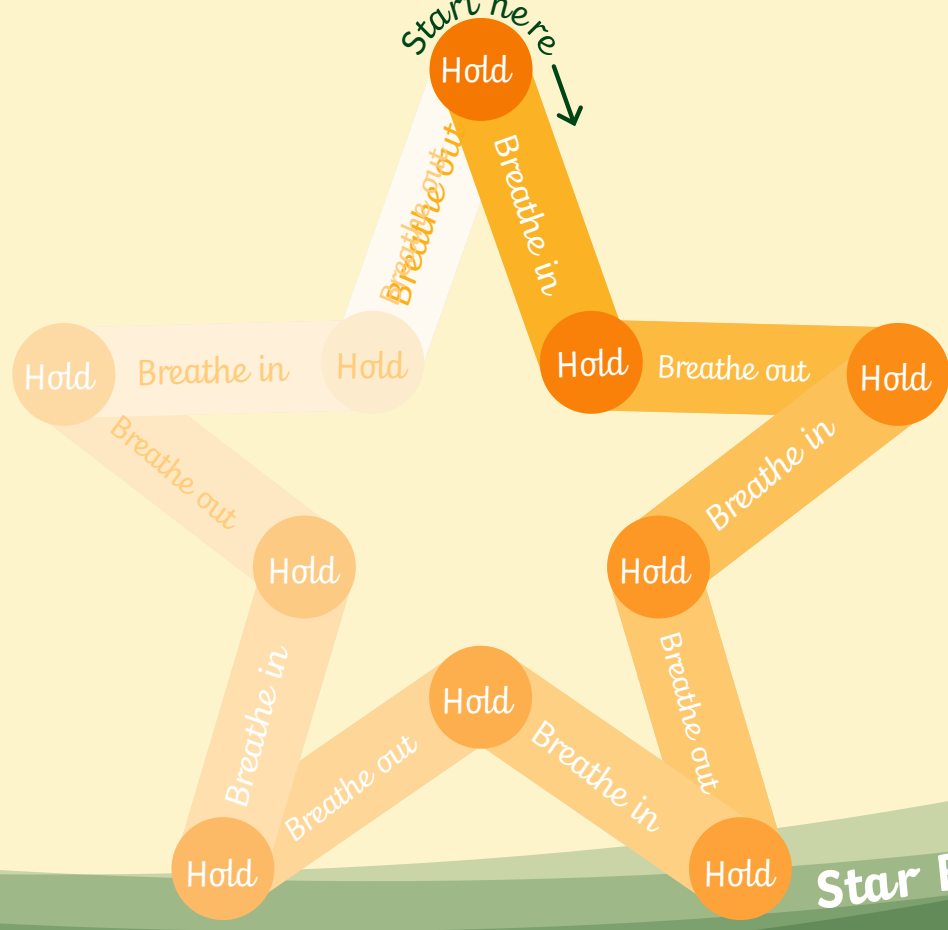
- 1 Sit comfortably and close your eyes.
- 2 Take a couple of natural breaths and sit up tall.
- 3 When you breathe in, inhale through your nose in three short sniffs. Imagine a bunny hopping along.
- 4 Breathe all of the air out.
- 5 Breathe in again with your bunny breaths.
- 6 Breathe out and repeat.

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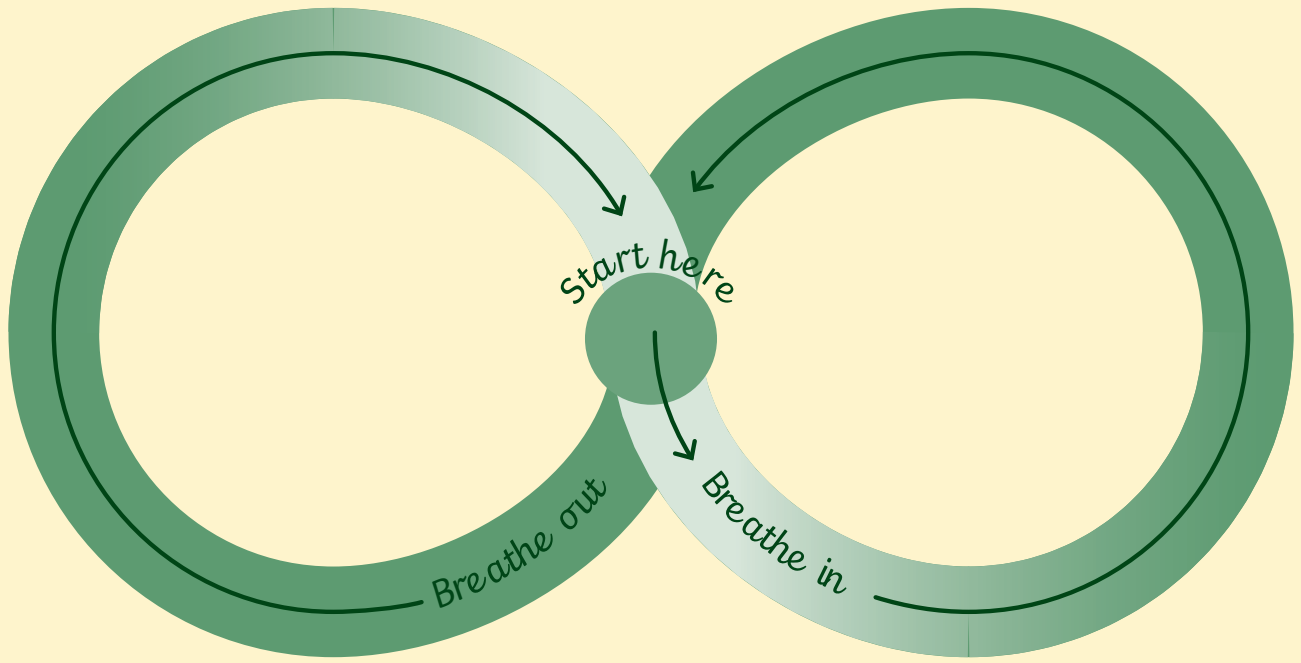


Square Breathing

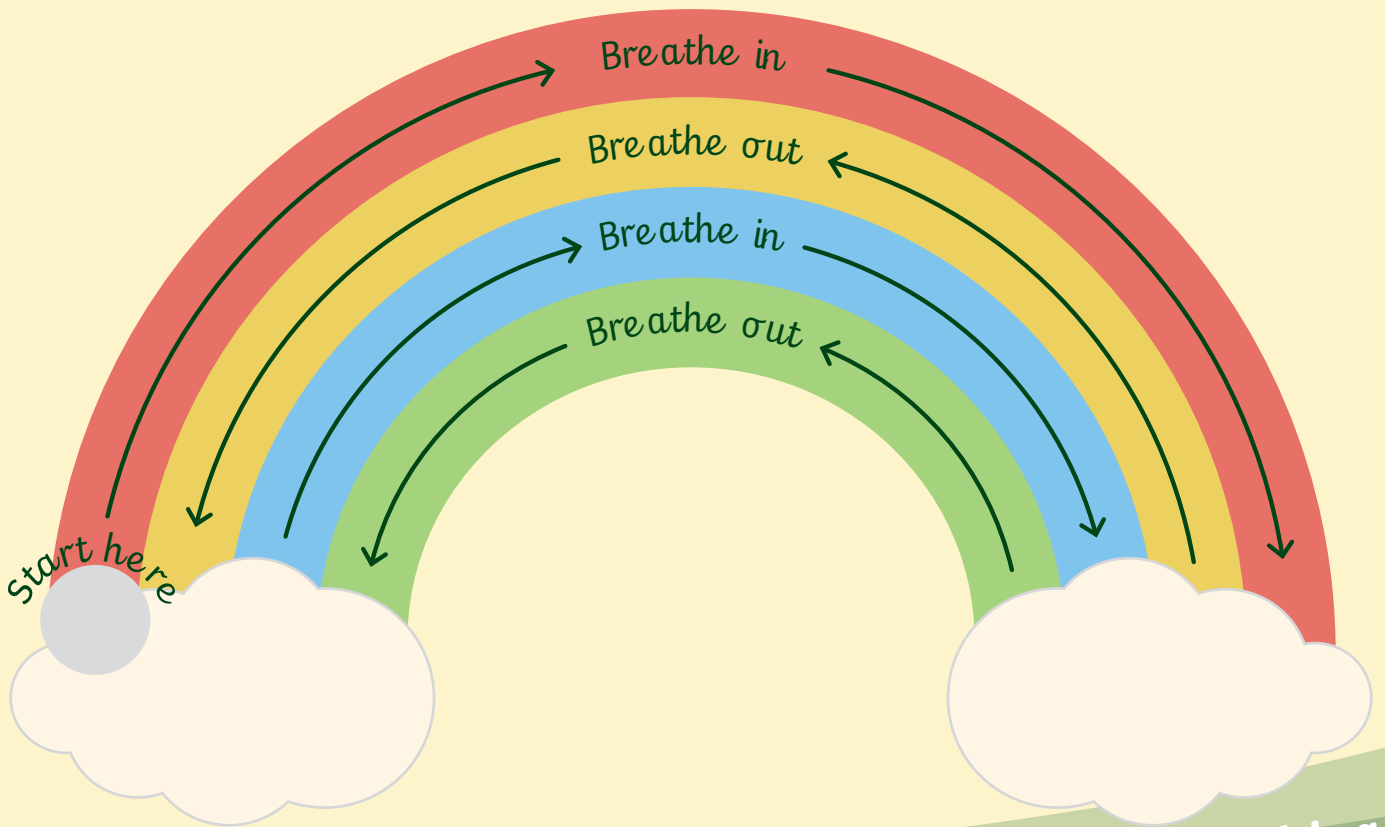
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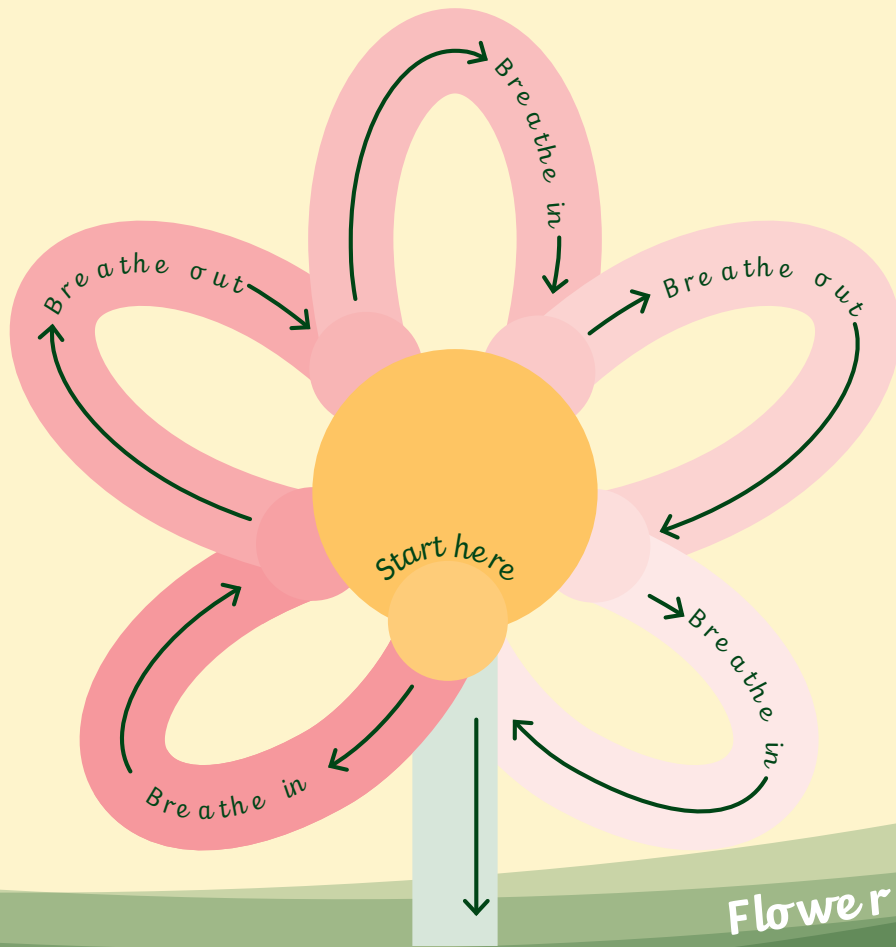
Star Breathing



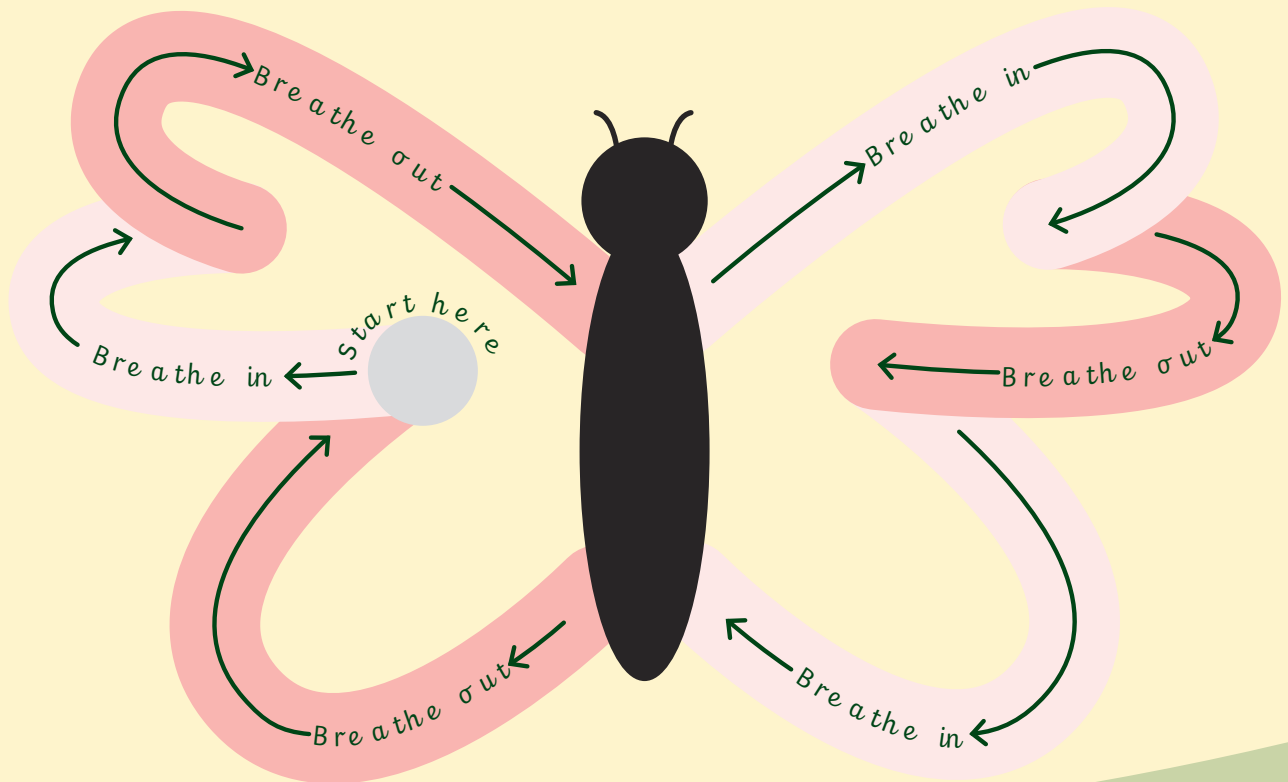
Infinity Breathing



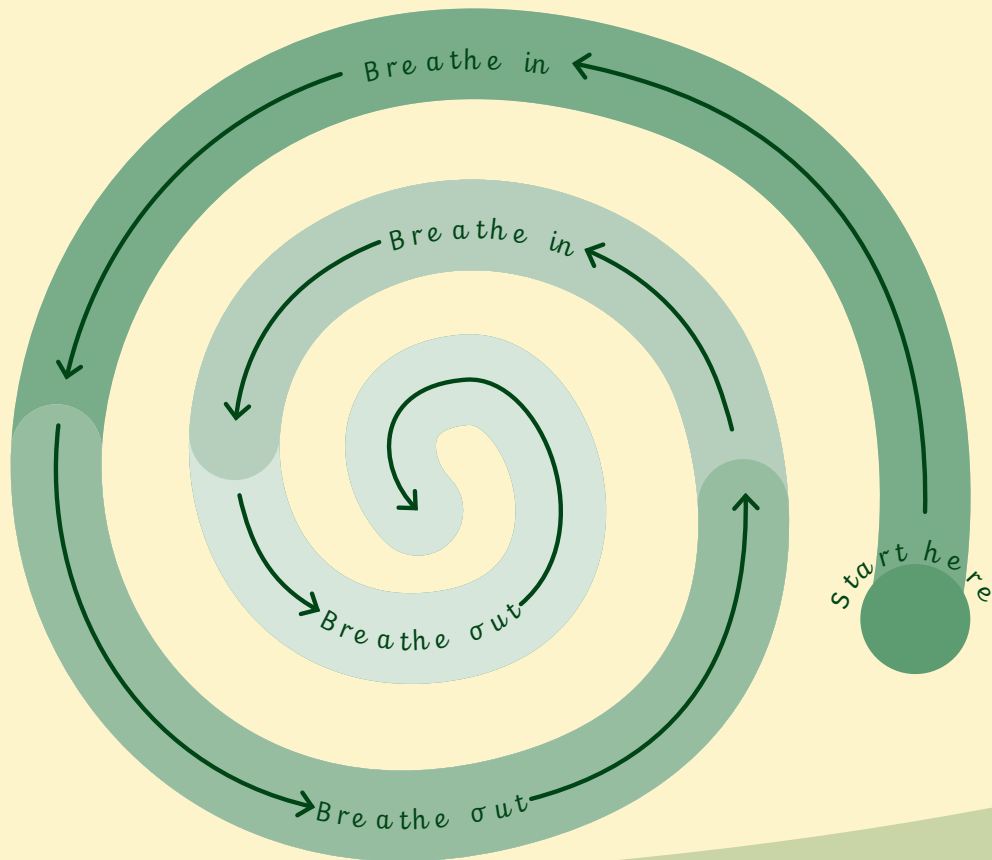
Rainbow Breathing



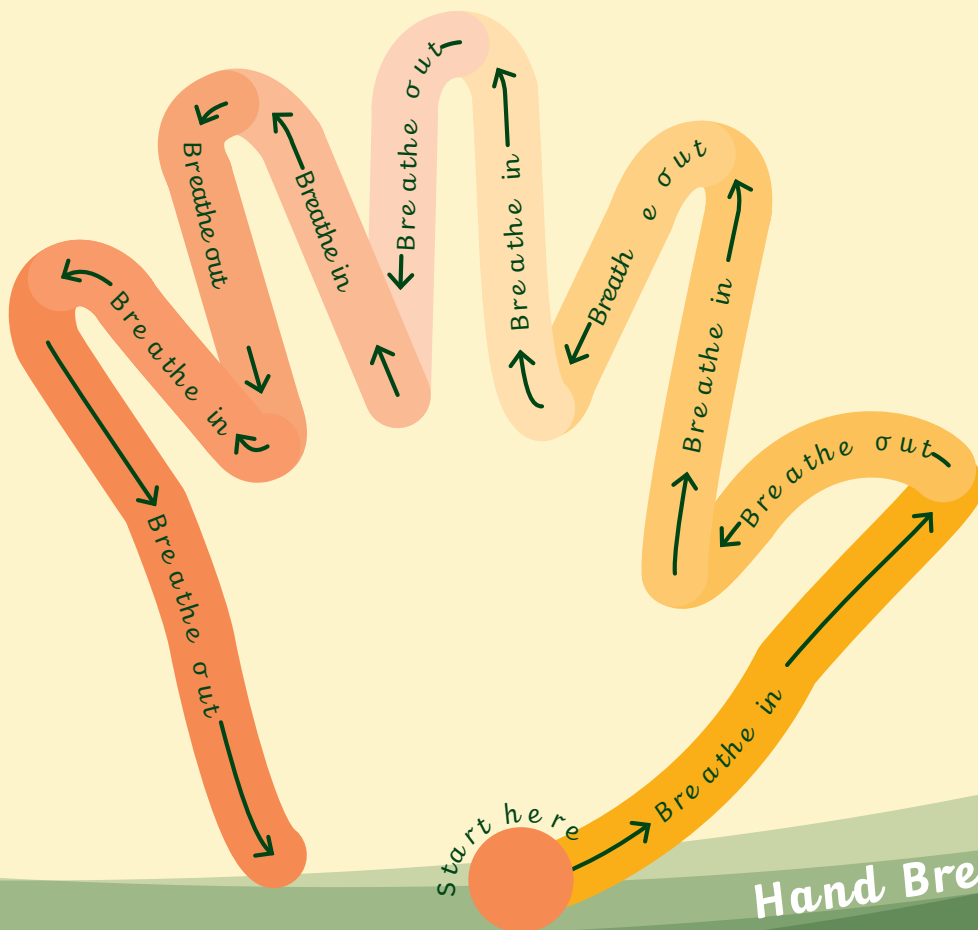
Flower Breathing



Butterfly Breathing



Spiral Breathing



Hand Breathing