

How to Do Breathing Exercises

Teddy Bear Breathing

This technique can be used for children. But teens and adults can do this exercise, too:

1. Lie on your back, place a hand on your chest, and place a teddy bear on your belly button.
2. Close your eyes and relax your entire body.
3. Breathe in slowly through the nose. The teddy bear should rise, but your chest should not.
4. When you have taken a full, deep breath, hold it, count to three, and then slowly breathe out.
5. Repeat until you feel relaxed.

4-7-8 Breathing

This breathing technique is meant to make it easier to fall asleep. Also called the relaxing breath, the 4-7-8 exercise serves as a natural tranquilizer for the nervous system.

To try the 4-7-8 method, begin by sitting with your back straight. Once you are familiar with these steps, the exercise can be performed while lying in bed, too. You'll want to:

1. Place the tip of your tongue against the ridge of tissue behind your upper front teeth. You'll keep it there for the entire exercise.
 2. Completely exhale through your mouth, making a "whoosh" sound.
 3. Close your mouth and inhale quietly through your nose as you mentally count to four.
 4. Hold your breath for a count of seven.
- Exhale completely through your mouth, making another "whoosh" sound to a count of eight.

Breathing techniques are a helpful tool for people who have anxiety or panic attacks. They can help relieve rapid breathing rates and other symptoms of anxiety. The one thing they have in common is underscoring how breath control is key to feeling calm

Pursed-Lip Breathing

1. Relax your neck and shoulders.
2. Inhale slowly through the nostrils for two seconds but keep your mouth closed.
3. Exhale through the mouth for four seconds. Keep in mind that the extended time is key. When exhaling, pucker your mouth as if giving a kiss.
4. While breathing out, keep a slow and steady breath. Don't breathe out hard.

HOW TO HELP MANAGE A SENSORY OVERLOAD

HOME THERAPIES WITH BREATHING

As the parent, guardian, or caregiver, it is important to recognize signs and symptoms of sensory overload. That way, you can act swiftly or appropriately when it occurs.

This tip sheet was created by Rockin Happy Rocks—

We help support Autism Awareness

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Disclaimer: This flyer was created to help educate on popular topics using information from the websites of organizations specializing in research and educating for Autism. These are helpful tips that we found would be useful for you to know. By no means is it intended to prompt you to handle your challenges in any specific way, you should always seek out help from a professional service. Our journey is to bring Awareness to all our audiences and "Rock-A-Smile".