BREATHING STRATEGIES

Breathing is a powerful tool that you can turn to no matter where you are.

FOLLOW YOUR BREATH

Feel your breath as it flows through your body. Notice your belly and chest rise as you inhale. If your thoughts drift, gently refocus on your breath.

USE 4-4-4-4 BREATHING

Inhale slowly while counting to four. Pause your breath for four seconds. Exhale slowly while counting to four. Pause your breath for another four seconds.

ALTERNATE NOSTRILS

Breathe in and out slowly through one nostril while holding the other closed with a finger. Then switch nostrils and do the same.

TAKE TEN SLOWER BREATHS

Pay attention to each breath. Focus on a slow inhale and then a slow exhale. Gently guide yourself back to your breath when your mind wanders.

Different types of breathing can help you to:

- Sharpen concentration
- Fall asleep faster
- Reduce stress and worry
- Boost lung function
- Improve sleep quality
- Manage pain

There is no wrong way to practice breathing. If you are focusing on it, it can help make a difference.

LENGTHEN YOUR EXHALE

Take a slow inhale and count to four. As you exhale, count to six. If you find this too difficult, you can adjust the timing to what works for you.

Learn more ways to calm yourself in times of stress:
BeWell.ny.gov

Funded by the New York State Office of Mental Health (OMH)