YOUR BREATH IS A TOOL - USE IT TO RIDE EMOTIONAL WAVES

PSYCH VOICE

These 8 simple breathing strategies are designed to help you slow down, stay grounded, and get through tough moments.

@drmadelinewishart

4, 2, 6 Breathing

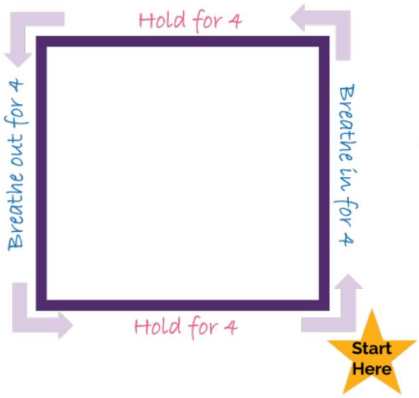


Breathe in through your nose to the count of 4

Hold your breath for the count of 2

Breathe out through your mouth for the count of 6

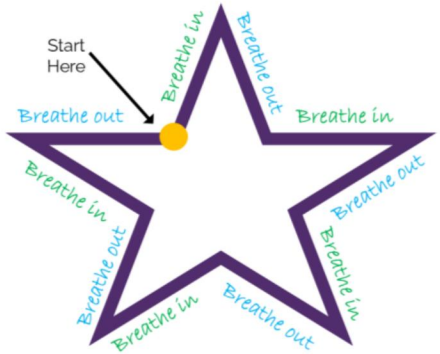
Square Breathing



Take 5 Breathing



Star Breathing



Colour Breathing



Inhale, imagine that you're breathing in is a cool, soothing colour, like mint or turquoise blue.

Exhale, visualising yourself breathing out a warmer colour, like amber or orange.

Continue breathing in and out these alternating cool and warm colours until you feel a sense of calmness or relaxation.

Leaf Breathing



Beat Breathing



DRAGON BREATHING

