

AND BREATHE...

A SIMPLY BRILLIANT WAY TO 'BOSS YOUR ANXIOUS BRAIN'

To help your amygdala know it can stop trying to protect you...
...breathe deeply and slowly.

TRY THIS

Breathe in for a count of 4 Hold your breath just for a second and then breathe out for a count of 7



MAKE SURE...

...the breath is going right down into your belly - not just into your chest. You can tell because your belly will be moving.

REPEAT

Try this about 5 to 10 times.



IN NO TIME...

...brilliant breathing will be ready to help whenever you need it



PRACTICE

before bed every day. Keep practicing and you'll be really good at it.

AN IDEA?

One way to practice really deep breathing is to lie down and put a favourite soft toy on your belly.



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