



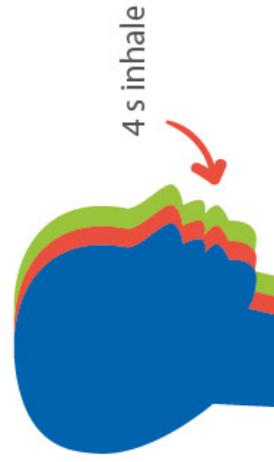
Isle Listen

Deep Breathing

Deep breathing is brilliant technique for helping to manage emotions, particularly at stressful times! It is a really simple but effective technique and also discreet, making it easy to use at any time or place.

- Make sure you're sat in a comfortable position
- Place one hand on your abdomen
- Breathe in deeply through your nose
- Hold the air in your lungs
- Then slowly exhale through your mouth
- It is important here to go as *slow* as you can

Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for around 3 - 5 minutes.



Hold for 4 s

