



- Deliberately slow your breathing down - Breathe in to a count of 4, pause, breathe out to a count of 4
- Make sure that your breaths are *smooth, steady, and continuous*
- Pay particular attention to your out-breath - make sure it is smooth and steady

- Sit or lying comfortably
- Close your eyes (if this feels comfortable)
- Breathe through your nose (rather than your mouth) – this warms the air which helps to soothe. We are also less like to gulp the air