

## Deep Breathing

1. Slowly breathe in through your nose for about 3-4 seconds, expanding your belly
2. Hold your breath for about 2-3 seconds
3. Slowly breathe out through your mouth for about 4-5 seconds. As you exhale, imagine yourself blowing out stress and tension
4. Repeat steps 1-3 as many times as you need to help you relax

*Variations of this skill (for all ages):*

“Bubble breaths” – Pretend you are blowing bubbles. The best way to create a big bubble is by taking a deep breath in and slowly exhaling.

## Coping Skills for Tough Times

**When to use this skill:** You can use deep breathing periodically throughout the day or any time you are feeling worried, scared, or frustrated.

**How this skill helps:** Feelings affect your body. When you feel negative emotions, your heart rate increases and your breathing becomes shallow. Deep breathing can help calm your body and your mind.

**If you want to learn more coping strategies, talk to your doctor about meeting with the Psychology Team!**