

Breathing Out Longer Than In

Try one breathing pattern and work out where it would fit in your real day.

WHEN TO USE THIS

Use this when you want something you can do anywhere, without anyone noticing.

Breathing out slower than you breathe in tells your body the danger is over. In for four, out for six. Try it six times.

You have tried it. What did you notice, if anything?

How settled do you feel compared to before?

0	1	2	3	4	5	6	7	8	9	10
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No different

A lot calmer

When in an ordinary day could you do this?

In the car, in the bathroom, before you open the front door.

What gets in the way of remembering to do it?

Small and boring is fine. It is the kind of thing you will actually use.