

Breathing exercise for relaxation

This exercise is intended for the independent practice of relaxation. It is meant to support and complement other forms of psychological and bodily care, and not to replace them.

This is a breathing exercise for relaxation. You can do the exercise with your eyes open or with them closed. If you keep your eyes closed, remember that you can open them at anytime during the exercise. The purpose of the exercise is to calm and to even out your breathing. This will also help you to further relax your body and your mind. You can stop the exercise at any time if you feel uncomfortable.

Find the most comfortable posture possible, sitting or lying down (3s)

Loosen any tight clothing, such as a belt or tie (3s)

Make this moment Your own moment (3s)

You can now take a break from the work of the day and from your own thoughts (5s)

Focus attention on your breathing and sense how the air flows in and out (10s)

Let your breathing flow at your own pace (5s)

You can be aware of whether you are breathing deeply (3s) shallowly (3s) quickly (3s) or slowly(3s)

Just observe you breathing without feeling the need to change it (5s)

Allow the fluctuating movement of your breathing to soothe you gently (10s)

As you breathe in, imagine that the whole of your chest and stomach becomes filled with air (5s)

Relax when breathing out and let it just happen by itself, as if you were setting the air which is inside free (10s)

It doesn't matter, if you notice your thoughts wandering from the present to past or future events.

Just return your awareness gently back to your breathing (5s)

Place your hand on top of your stomach (3s)

On the in breath, sense how your stomach slowly rises (3s)

And on the out breath falls (5s)

Continue breathing in this way at your own pace and rhythm (10s)

Sense with your hand how the waves of your breathing rise and fall when breathing in and out (5s)

With every out breath you will sense the feeling of relaxation deepening (20s)

Allow the flowing breath to extend to the tips of your body, as far as your fingers and toes (5s)

Imagine, that in this way, you will nurse with your breathing all the parts of your body (5s)

You can imagine, that on every in breath, you are taking in, a calming, warming and healing energy to every cell in your body (5s)

And on every out breath you will let go of any anxiety, tension and unpleasant feelings (7s)

Give yourself permission to relax, permission just to be (5s)

Allow now your breathing to flow by itself like a river (30s)

Slowly bring your attention back to the present moment (5s)
Sense the chair or floor under you and how it feels against your body (10s)
On every in breath notice how you feel more revived and more refreshed (5s)

We will finish by counting for 5 breaths more, on each of which you will feel more and more revitalised (2s)

One (5s)

Two (5s)

ThreeBreathe deeply (5s)

Four (3s)You feel that you are now revitalised (5s)

Five (3s) Open your eyes. You are now wide awake and aware of your surroundings.

You feel revived and relaxed.

Serene-project, The Southwest Finland Association for Mental Health / Serene-hanke, Lounais-Suomen

Mielenterveysseura

www.turunkriisikeskus.fi

toimisto@turunkriisikeskus.fi

