

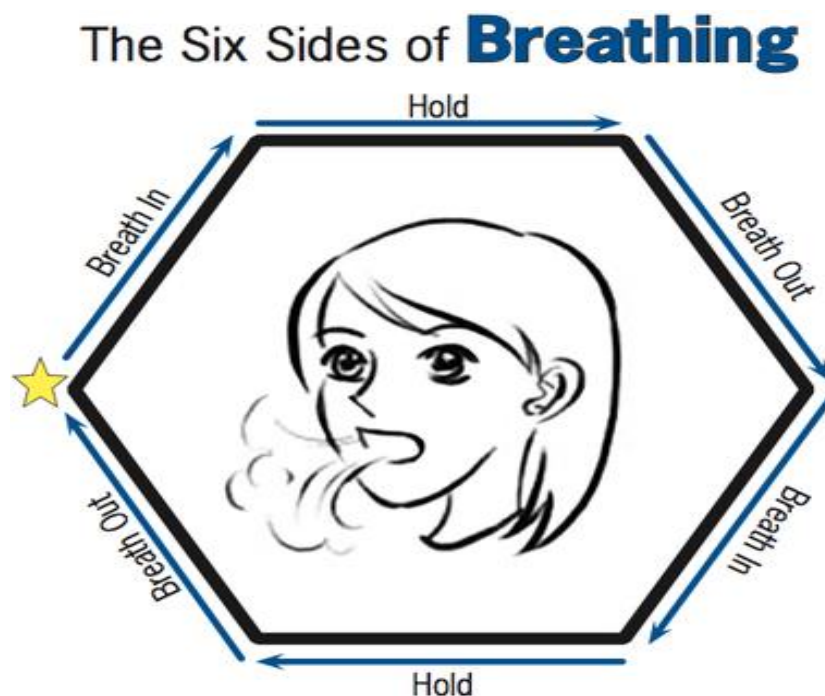
Zones of Regulation Breathing Tools for Calming

Deep breathing helps to shift your body from a stressed state to a more relaxed state. Using breathing sequences like the examples below can help to refocus the brain, and stop you from feeling anxious. Deep breathing can also help to get more oxygen to the brain to help it function better.

In the zones of regulation, there are some examples of breathing sequences. Two are attached. You will recognise them from your lessons on the zones. Choose one and practice using it every day when you are not stressed. Then when you are stressed/anxious you will find it is easier to do because you have practiced it.

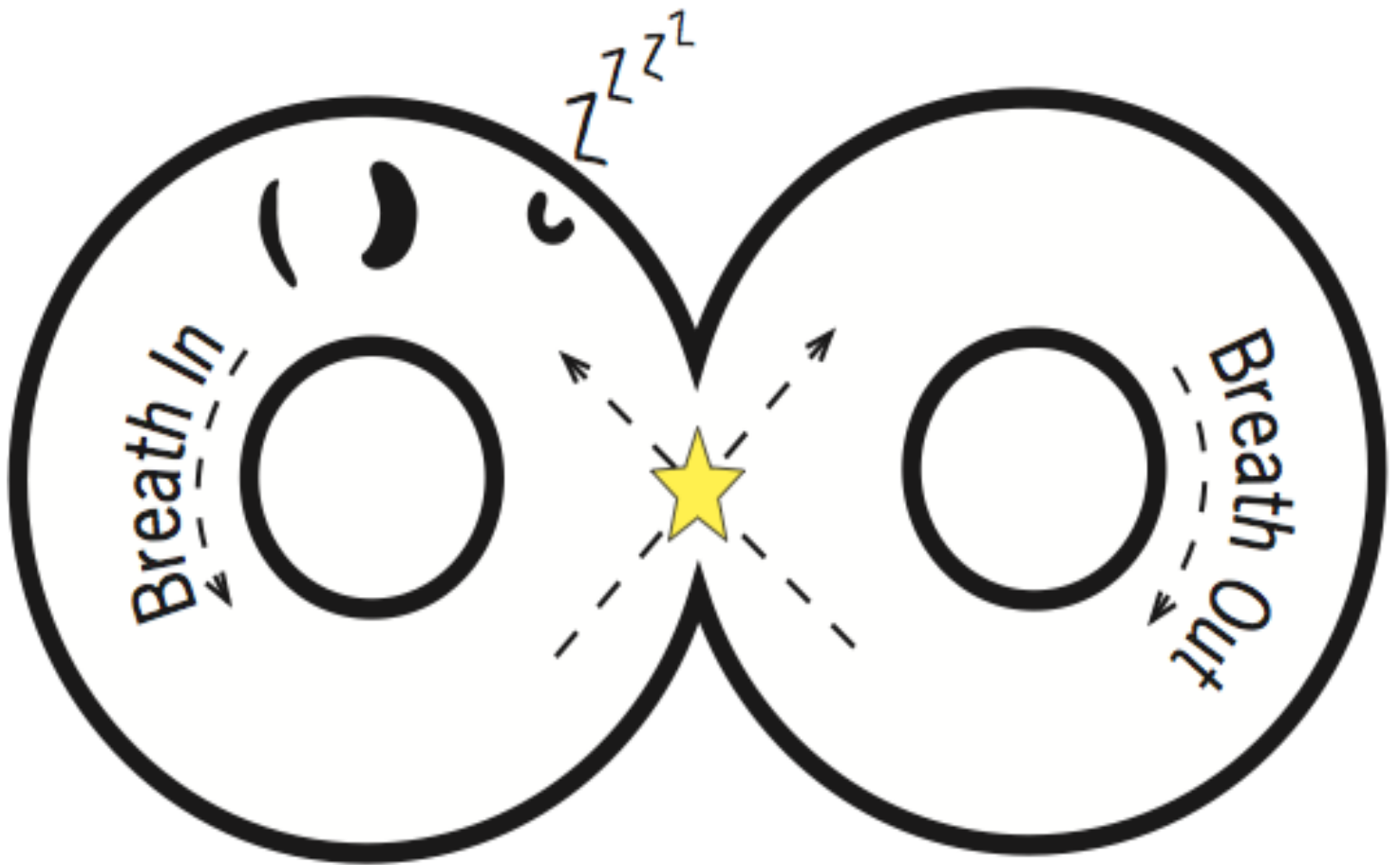
You need to use the tool for about 5 - 7 rounds.

Then, do you notice any changes in your body/mind? You should feel calmer, more grounded, your shoulders should drop down and your face should feel softer.



Trace your finger over the "breathe in" side as you take a deep breath in. Hold your breath as you trace the second side of the hexagon. Breathe out as you trace the third side of the hexagon. Then repeat for the bottom part of the hexagon.

Lazy 8 Breathing



Trace the lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the lazy 8, slowly let your breath out.

Continue breathing around the lazy 8 until you have a calm body and mind.