

Client Self-Care Handout - *Controlled*

Breathing

Often things happen that are beyond our control.



This can cause so much distress, that our day-to-day life is impacted- making it difficult to function.

While we cannot always control what may come our way, we can teach ourselves how to reduce the effect of stress through *Controlled Breathing*.



Breathing with Helping Hand

Spread fingers on right hand, using left hand pointer, trace the fingers of the right hand. Starting at the wrist, at base of the thumb, trace up to the top of the thumb, pause, then down and pause.

Then trace up the pointer to the top, pause, then down and pause.

Next trace up the middle finger, pause, then down and pause.

Then trace up the ring finger to the top, pause, then down and pause.

Next trace up the little finger to the top, pause, then down and pause at the base of the wrist.

Repeat process, this time with breathing in - for the upward movements and out - for the downward movements, remembering to move slowly and to pause at the top and at the bottom of each movement.



Follow this process until breathing returns to normal/relaxed.

When used daily, controlled breathing can be effective in controlling stress symptoms.