

Time to practice 'CARE'  
breathing habits to  
self-regulate at stressful  
times – ready to have  
a go?

Ever noticed how your breathing  
changes when anxious, agitated  
or angry? It may become rapid,  
heavy or shallow, all of which can  
make you dizzy or light headed.

**Get comfortable**

Get comfortable – lying down  
or sitting, find a quiet and  
comfortable spot. Close/lower  
your eyes, drop your shoulders  
down, allow your jaw to relax.

CARE

CARE

**HYCS**

**Talking to us can really help**  
**Hounslow Youth Counselling Service**

**T 020 8568 1818 SMS 07784 481308**  
**E ask@hycscounselling.co.uk**  
**www.hycscounselling.co.uk**

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Service

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# Calm breathing practice

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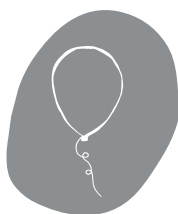
**Pocket guide**

## CARE

### Abdomen

Put one hand on your tummy (abdomen), the other on your upper chest. Gently breathe in slowly through your nose to a count of 4... (notice your tummy rise, like a balloon inflating).

Pause, then gently breathe out to a count of 6 through slightly pursed lips (as though blowing bubbles), notice your tummy deflating... Pause after each outbreath.



## CARE

### Repeat & relax

Relax into the breathing allowing your thoughts to settle. If your thoughts wander, gently guide your thoughts back to your breathing practice in the present moment.

## CARE

**Explore** – continue to breathe gently as you notice where you feel relaxed or still carrying tension.

### Breathing tips for panic situations.

Already in panic mode? Stressed, dizzy and over-breathing (hyperventilating)? If you need something to help calm you down quickly – try this breathing technique:

- Breathe in through your nose.
- Breathe out through your mouth – as if you are saying the word “Phew” or blowing down a straw, your lips a bit like doing a selfie pout.
- Take slightly longer on this outbreath than on your in-breath.
- Notice the sound your breath makes as you exhale – don't be in too much of a hurry to breathe in again, just pause for a short moment then repeat until your breath has started to calm.

### Need help?

- **HYCS for free, confidential counselling support 020 8568 1818**
- **Visit your GP**

### Helpline support 24/7

- **Childline 0800 1111 (24hr)**
- **Samaritans 116 123 (24hr)**
- **YoungMinds Crisis Messenger**  
**Text YM to 85258 24/7 support**

**Calm** – A free mindfulness and meditation app/website. [www.calm.com](http://www.calm.com)

**Headspace App** – [www.headspace.com](http://www.headspace.com)

Guided meditations for all levels to relieve anxiety.

**No Panic Youth Helpline 01753 840 393** (13-20 year olds)

4pm - 6pm Mon' to Friday [www.nopanic.org.uk](http://www.nopanic.org.uk)

Recorded relaxation message for panic – **01952 680835** – 24 hours

