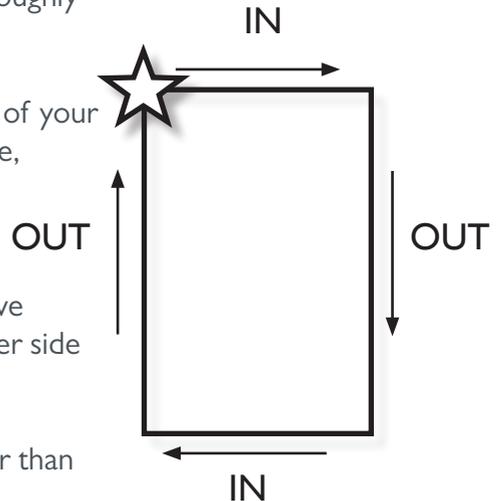


# Oblong breathing

This technique is simple and effective to use anywhere. It can also be used for **calming breathing** and **relaxation**.

- Find something in the room which is roughly rectangular or square in shape.
- Take a moment to notice the position of your body and relax tension where possible, e.g. hands, feet, legs.
- Start at the left-hand corner and breathe in and breathe out as you move from corner to corner. Use the shorter side for the in breath.
- If possible, make the out-breath longer than the in-breath.
- Focus on steadier breaths, not deep breaths.
- Trace around the shape with your eyes at your own pace.
- You may find it possible to trace the shape in your mind's eye, counting as you go or using images of colour may also be useful.



# Counted breathing

Counted breathing is a method of breathing which can enable you to manage your symptoms of **breathlessness** and/or **anxiety**.

- Begin in a comfortable position, this can often be seated upright, although this technique can also be used in standing or laying.
- Aim to inhale for between 2-4 seconds. Aim to breathe in slowly through your nose, letting your chest and lower belly expand.
- You do not need to breath hold in-between inhaling and exhaling.
- Then slowly exhale through your mouth or nose for a count of 4-6 seconds.
- Make sure you exhale longer than you inhale.
- Aim to complete this cycle as many times as required until you feel your symptoms have settled/returned to your own level of comfort.
- If you notice any dizziness stop the exercise, and try reducing the amount of seconds you inhale and exhale next time. You may gradually increase the seconds once dizziness is controlled.



The Breathing App

For a visual guide to counted breathing, there is **The Breathing App** which can be installed for free on smart phones/devices.

The App describes additional benefits such as balancing and restoring your heart rate, blood pressure, respiration and many other functions of the body.

The App can be personalized to set the amount of seconds for inhalation and exhalation.