

CWSH 7: Client handout Breathing

Shallow, rapid breathing, or holding your breath, is associated with tension and emotional distress. Focusing on breathing deeply can help you to reduce emotional distress, as well as distract yourself from it.

- place your hands, fingers linked, over your lower abdomen
- breathe deeply into the bottom of your lungs for a count of 5. Your fingers should separate a little
- then breathe out fully for a count of 5
- repeat this breathing pattern 5 times.

You can practise this several times a day to relax yourself.

You can use it to calm and soothe yourself when you are upset about something, or are craving drugs.