

# Johanna Dennis Psychology

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## 1-10 Breathing Exercise

Remember that this is **Mouth Breathing** (not through your nose)

You can use a second hand on a clock/watch if you want, so that you don't speed up your counting, or you can do this with your eyes closed.

Remember not to hold your breath and to slow your intake and outtake of breath as the counting gets higher.

Practice this **3 times a day** until your body gets conditioned to using this to relax.

(E.g., on waking or shower, before or after lunch, and when you go to bed)

You can also use this **any time** you feel your anxiety rising.

In	1	hold									
Out	1	hold									
In	1	2	hold								
Out	1	2	hold								
In	1	2	3	hold							
Out	1	2	3	hold							
In	1	2	3	4	hold						
Out	1	2	3	4	hold						
In	1	2	3	4	5	hold					
Out	1	2	3	4	5	hold					
In	1	2	3	4	5	6	hold				
Out	1	2	3	4	5	6	hold				
In	1	2	3	4	5	6	7	hold			
Out	1	2	3	4	5	6	7	hold			
In	1	2	3	4	5	6	7	8	hold		
Out	1	2	3	4	5	6	7	8	hold		
In	1	2	3	4	5	6	7	8	9	hold	
Out	1	2	3	4	5	6	7	8	9	hold	
In	1	2	3	4	5	6	7	8	9	10	hold
Out	1	2	3	4	5	6	7	8	9	10	hold