

# Breathing Retraining Exercises



From *Keeping Your Cool*:

“Keeping your mouth closed, take a deep breath through your nose . . . Hold it . . . Release . . . Now put your right hand on your stomach, just above your belly-button, and your left hand on your chest. Now take a long, slow, deep breath through your nose again. Feel what happens to your stomach and chest. This is “belly-breathing.” How do you feel now?”

From *The PRISM Workbook (D. Wexler)*:

“Stare at a point on the wall across from you. Visualize a leaf at that spot. With each breath, count backwards from 20 to 1 as you watch the leaf very slowly drifting to the ground. At 1, the leaf reaches the ground and you are very deeply relaxed.”



From *The PRISM Workbook (D. Wexler)*:

“Close your eyes and imagine a row of ten lit candles in front of you, any style or color. As you exhale, imagine yourself blowing out one of the candles. With each successive breath, blow out each candle and let yourself become more deeply relaxed with each one. When all the candles are out, let yourself enjoy the peace and quiet of the room.”

