

BREATHING

Slow diaphragmatic breathing can help calm our body and mind. Rapid chest breathing can increase feelings of anxiety or panic. Diaphragmatic breathing is a powerful way to produce relaxation. Most individuals achieve the greatest benefit from breathing around 6 breaths per minute, inhaling for about 5 seconds and exhaling for about 5 seconds. To determine your optimal breathing rate, schedule a biofeedback session. There are many available free breath pacers you can download for your phone or computer to help maintain a smooth steady breath.

Step 1

Inhale slowly through your nose for 5 seconds as your stomach extends.

Step 3

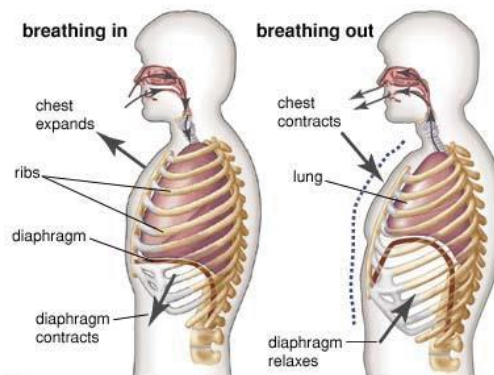
Exhale slowly through your mouth for 5 seconds as if blowing through a straw.

Step 2

It may be helpful to imagine a balloon, slowly expanding your stomach as you breathe in.

Step 4

Practice 10-20 minutes daily.



For more information please contact a counselor or visit our website:

(208) 282-2130

<http://www2.isu.edu/ctc/biofeedback.shtml>