

## The 3 Breath Technique

Instruction to relax the mind and the body, practice this whenever you can, at any time. This helps with stress, anger or any other negative emotion and is great to calm the mind before speaking to someone, meeting people or doing anything that may make you feel nervous. The more you practice, the better it becomes, only you can make that difference.

Before you begin, find somewhere comfortable to sit or lie and be sure not to cross your arms, hands, legs or feet. Find some soft music, that has no vocals or just allow your own mind to focus on the sounds around you. Noises are normal and we can use them by picturing what is making them and maybe changing the images in our own mind.

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You must take a breath each time that really opens up your lungs, and hold it for as long as you feel it is comfortable. It is **important** that you do this for it to work in the best way possible for you.

### First Breath

Take a deep breath and hold it for as long as you can comfortably. When you let out the air, breathe slowly through your mouth and feel your shoulders drop and focus on the body muscles relaxing.

### Second Breath

Again, take the breath deep into your lungs and hold it. As you do close your eyes and when you breathe out, imagine how it gets just a little darker as you relax your mind and focus on how you feel the eyes and the mind relax.

### Third Breath

Take the final breath in as deep as you can and hold it for as long as you can, you can hold it that much longer this last time. And when you breathe out, allow your mind to relax and darken, imagine the muscles holding your mind in place relax and let your whole body relax.

After that final breath, stay still for as long as you want, breathing normally and enjoy the feeling. Remember, we can use sounds around us to create unusual or comical images in our minds, create the visualisations to assist in relaxation. We can't shut out everything, so use it to your benefit.