

Finding Calm during Crisis

Materials: <ul style="list-style-type: none">● A comfortable chair● 2 or 3 minute timer (optional)	Minimum Capacities Needed: Ability to read or listen, and to follow written or oral instructions.
Practice: Alone	Duration: 2-3 minutes
PURPOSE: A breathing exercise to cope with a tense situation, anxiety attack, or anger. Find calm and clarity.	
<h2 style="text-align: center;">INSTRUCTIONS</h2> <p>Make yourself comfortable in a chair or recliner.</p> <p>With legs uncrossed and feet flat on the ground, place hands on the knees or on the stomach to feel the breath rise and fall.</p> <p>Close the eyes, if you wish.</p> <p>Take 3 deep abdominal breaths:</p> <ul style="list-style-type: none">▪ Start by exhaling the air from the lungs, empty them like a deflating balloon, without forcing.▪ Inhale gently through the nose and hold the air in for a few seconds.▪ Exhale through the mouth, letting the air escape from the lungs, again without forcing. <p>Repeat the exercise gently, then resume a comfortable and natural breathing rhythm.</p> <p>Release the shoulders, jaw, cheeks, and forehead, and focus your attention on your breathing. Try to feel the back and forth of the air coming in and going out again.</p> <p>Finally, find a pleasant thought and calmly pay attention to it, before returning to the day's activities.</p>	