

Time to practice 'CARE'
breathing habits to
self-regulate at stressful
times – ready to have
a go?

Ever noticed how your breathing
changes when anxious, agitated
or angry? It may become rapid,
heavy or shallow, all of which can
make you dizzy or light headed.

Get comfortable

Get comfortable – lying down
or sitting, find a quiet and
comfortable spot. Close/lower
your eyes, drop your shoulders
down, allow your jaw to relax.

CARE

CARE

HYCS

Talking to us can really help
Hounslow Youth Counselling Service

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Calm breathing practice

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Pocket guide

CARE

Abdomen

Put one hand on your tummy (abdomen), the other on your upper chest. Gently breathe in slowly through your nose to a count of 4... (notice your tummy rise, like a balloon inflating).

Pause, then gently breathe out to a count of 6 through slightly pursed lips (as though blowing bubbles), notice your tummy deflating... Pause after each outbreath.

Repeat & relax

Relax into the breathing allowing your thoughts to settle. If your thoughts wander, gently guide your thoughts back to your breathing practice in the present moment.

Explore – continue to breathe gently as you notice where you feel relaxed or still carrying tension.

Breathing tips for panic situations.

Already in panic mode? Stressed, dizzy and over-breathing (hyperventilating)? If you need something to help calm you down quickly – try this breathing technique:

- Breathe in through your nose.
- Breathe out through your mouth – as if you are saying the word “Phew” or blowing down a straw, your lips a bit like doing a selfie pout.
- Take slightly longer on this outbreath than on your in-breath.
- Notice the sound your breath makes as you exhale – don't be in too much of a hurry to breathe in again, just pause for a short moment then repeat until your breath has started to calm.

Need help?

• HYCS 020 8658 1818

For free & confidential youth counselling support in Hounslow Borough or visit <https://www.hycscounselling.co.uk/self-help-hub/> for more ideas.

Helpline support 24/7

- **Childline 0800 1111** (24hr)
- **Samaritans 116 123** (24hr)
- **YoungMinds Crisis Messenger**
Text YM to 85258 24/7 support

Calm – A free mindfulness and meditation app/website. www.calm.com

Headspace App – www.headspace.com

Guided meditations for all levels to relieve anxiety.

No Panic Youth Helpline 0330 606 1174 (under 18's)

No Panic Helpline 0300 772 9844 (over 18's)

24 hr recorded relaxation message 01952 68083

www.nopanic.org.uk