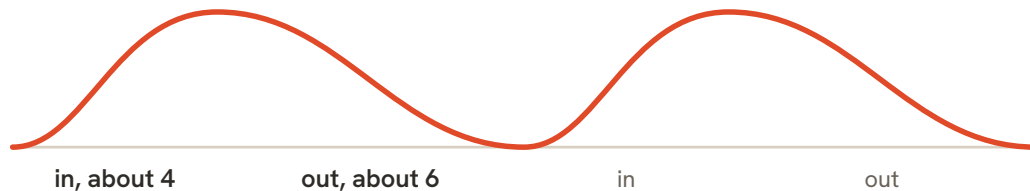


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# Slow breathing

A slow, easy rhythm, with the out-breath a little longer than the in-breath.



## First, a check

For quite a few people, paying attention to the breath makes it feel harder to breathe. If that happens, stop; nothing is wrong. Use your feet or hands instead: see Steadying yourself early, at the front door.

## How to

- Sit or stand comfortably, with your shoulders loose.
- Breathe in gently, through your nose if you can.
- Breathe out slowly, like a long, quiet sigh.
- Breathe slower, not deeper. Small, easy breaths are fine.
- If you feel light-headed or tingly, go back to your normal breathing.

## The rhythm

In for about four, out for about six: roughly six breaths a minute. If that feels too long, try in for three, out for four. The exact numbers matter less than the out-breath being the longer one.

## Why it helps

Breathing out slowly tends to slow the heart a little, and many people find that steadying. Like most things here, it works best when it's familiar: a couple of minutes, once or twice a day, when you're calm.