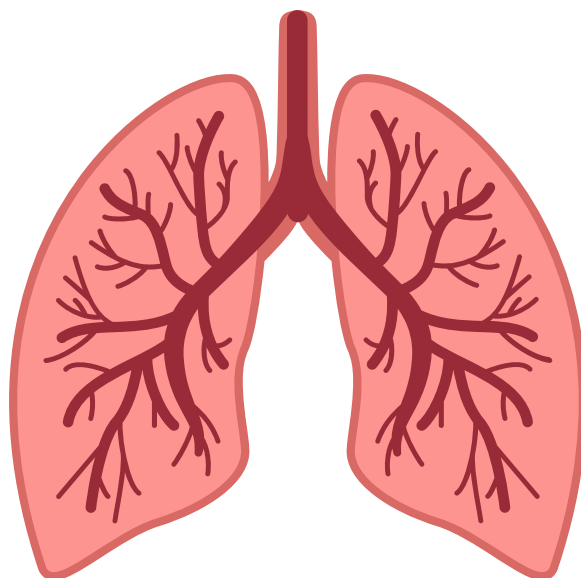


7:11 Breathing

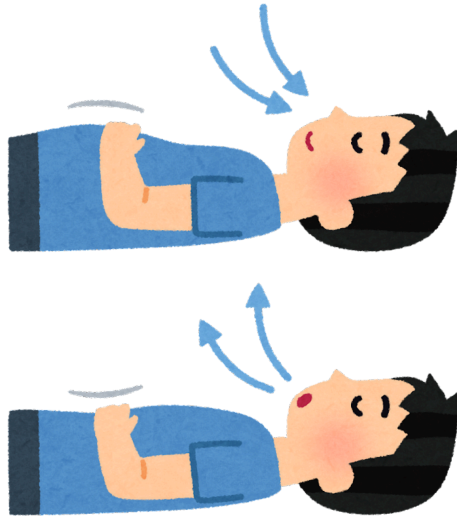


If you find yourself feeling very anxious about something, or angry, or recognise that you are going into fight or flight, one way to calm yourself down is to practice 7:11 breathing.

The signs of fight or flight might be a racing heart, fast breathing, sweaty palms, feeling sick or butterflies in your tummy. This is because your body is preparing you to run away from danger. What have you noticed in your own body?

How do I do it?

Sit comfortably, shoulders relaxed, and breathe in slowly through your nose - perhaps to the count of 3 or 5 at first while you are getting used to it. If you are breathing in enough and completely filling up your lungs, you might notice that your tummy expands (look at the picture below). When you have fully inflated your lungs breathe out through your nose more slowly. So if you had counted to 3, try to breathe out to the count of 5 for example.



Repeat this a few times, perhaps you might try for a few minutes before bed and when you wake up in the morning. This will help you notice how helpful it is, and then when you need it you will find it easier to do.