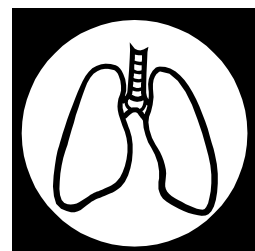


CONTROLLED ABDOMINAL BREATHING

1. Rate your level of anxiety on a scale from 1 to 10.
2. Sit as comfortably as possible in a chair with your head, back and arms supported, place your feet on the floor and close your eyes (if you like).
3. Place one hand on your abdomen right beneath your rib cage.
4. Inhale deeply and slowly, send the air as low and deep into your lungs as possible. If you are breathing from your abdomen, you should feel your hand rise, rather than your chest.
5. When you have taken a full breath, pause before exhaling. As you exhale, imagine all of the tension draining out of your body.
6. Do 10 slow abdominal breaths.
7. Now begin counting as you breathe in. Gradually slow your breaths until you are counting to four or higher as you breathe in and out. Also gradually increase the pause after you inhale, holding your breath for 2 to 4 seconds.
8. Now continue doing slow abdominal breaths, counting and pausing, for 10 minutes.
9. Now re-rate your level of anxiety and see if it has changed.



Adapted from various sources