

RELAX!

Controlled Breathing Script

Get into a comfortable position in your chair – feet flat on the floor.

- Close your eyes.

If you think this activity might be uncomfortable for you, just close your eyes and listen.

Breathe comfortably now while I give you some directions.

You will be counting breaths silently, and very **S-L-O-W-L-Y**. I will count along with you, but out loud. (Pause)

- *The reader of this script should slow down their speech considerably. Use a relaxed, quiet tone of voice – almost monotone. Get slower and quieter gradually, but make sure the participants can still hear you.*

Continue breathing like that for a while longer – **SLOWLY**.

- (Reader pauses for two minutes or so and breathes along with the group.)

S-L-O-W-L-Y “1 – 2, and “1—2—3” as you breathe out.

- *Reader does the count aloud. There should be a second or so between each number.*

Try that now. Draw a slow breath in through your nose while you count **VERY**

With each breath, breathe in through your nose and out through pursed lips as though you were slowly blowing on a pinwheel.

When you are comfortable with that rhythm, increase the count to “1 – 2 – 3” while breathing in. Count very **S-L-O-W-L-Y**: “1 – 2 – 3 – 4” as you breathe out. Continue breathing in that pattern.

- *Reader pauses for two minutes or so and breathes along with the group.*

If you feel comfortable doing so, increase the count in and out one more time. If it is difficult for you, drop back to the previous count.

Return to the first count for a few moments. Imagine the pinwheel slowing down, then stopping.

Slowly open your eyes. Continue to breathe slowly as you ‘come back’ to the room.