

Deep diaphragmatic breathing

Find a quiet place where you'll not be disturbed during the exercise.

Either sit or lie down.

Make yourself as comfortable as possible, but if possible, try to keep your back straight. It can help to have one hand on your chest and the other on your stomach.

Close your eyes and start to focus on your breathing, concentrating on breathing in and out slowly with a regular rhythm.

As you breathe in gently through your nose, imagine that you're filling a light balloon with air. You'll notice that your stomach will move out slightly.

As you breathe out through your mouth, letting the air out slowly, imagine that you're letting go of tension. You'll notice that your stomach will move in slightly.

You may find it helpful to count as you breathe in and out, breathing in for three regular counts and out for four counts.

Continue to do this until you feel calmer, or, if you're practicing this at a time when you feel calm, do this for three to five minutes.