Breathing to let go of tension
- Sit comfortably in a chair with your feet on the floor.
- Breathe in deeply into your stomach and say, "Breathe in relaxation." Pause before you exhale.
- Breathe out from your stomach and say, "Breathe out tension." Pause before you inhale.
- Use each inhalation as a moment to become aware of any tension in your body.
- Use each exhalation as an opportunity to let go of tension.

Deep breathing
- If possible, lie down on a blanket or rug on the floor. Bend your knees and move your feet about eight inches apart, with your toes turned slightly outward. Make sure that your spine is straight.
- Scan your body for tension.
- Place one hand on your stomach and one hand on your chest.
- Inhale slowly and deeply through your nose into your stomach to push the hand on your stomach up as much as feels comfortable. Your chest should move only a little and only with your stomach.
- Smile slightly and inhale through your nose and exhale through your mouth, making a quiet, relaxing, whooshing sound like the wind as you blow gently out. Your mouth, tongue and jaw will be relaxed. Take long, slow, deep breaths that raise and lower your abdomen. Focus on the sound and feeling of breathing as you become more and more relaxed.

Relaxing sigh
- At times, you might catch yourself sighing or yawning. This could be a sign that you are not getting enough oxygen. Sighing and yawning are your body's way of remedying the situation.
- Sit or stand up straight.
- Sigh deeply, letting out a sound of deep relief as the air rushes out of your lungs.
- Don't think about inhaling - just let the air come in naturally.
- Take 8-12 of these relaxing sighs and let yourself experience the feeling of relaxation.