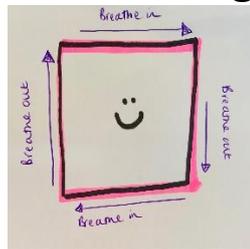


## Breathing for Self- Calm



Breathing for calm is an amazing thing to try. Not just when we are feeling upset or anxious but also as part of our everyday routine. Controlling your breathing makes you feel calm, allows you to think about very little and treat your lungs and mind at the same time. It can also help at nighttime when we are in bed and our minds become unhelpfully wide awake.

Why don't you try one of the following and see if any work for you?

### 3 ideas for you to try:

- **Hand Breathing:** Using spread out fingers on your hand, trace your fingers whilst you breathe in and exhale. Breathe in going up the finger and exhale going down – repeat to trace the hand backwards and forwards.
- **Hot Chocolate Breathing:** Cup your hands as though you are holding a mug of hot chocolate in both hands. Gently breathe in as if you are smelling the beautiful chocolate scent and slowly breathe out as if you are cooling it. And repeat.
- **Square Breathing:** Picture a square and travel up, across and down the sides as you breathe. Breathe in (inhale) as you go along one side, and exhale along the other. Inhaling and exhaling as you move along the sides.

Let us know how you get on. Tag us on twitter @resilientrutland @ BrookeHill\_ELSA or Facebook ResilientRutland Brooke Hill Academy ELSA.

### Resilient Moves: #33 Calming down and self- soothing

The Resilience Framework for Children and Young People (October 2012 adapted from Hart and Blincow with Thomas 2007) contains 42 different resilient moves. This is an everyday action that research and evidence has shown us can build resilience. By sharing resilient moves we will share a common language and ideas to build resilience. This is important now even more than ever.

<https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>



Thank you @boingboing, @youngminds, Headstart Resilience Revolution @HSBlackpool for sharing resources & inspiration for Resilient Moves. Dr Pooky Knightsmith for her resources, courses & getting me thinking @PookyH. Lyn Harte 2020