

TOUGH TALK TOOLKIT

BREATHING TOOLS - FROM STOP DROP BREATH



IN AND OUT METHOD

This breathing visualisation decreases stress and anxiety, and increases calm, clarity and focus.

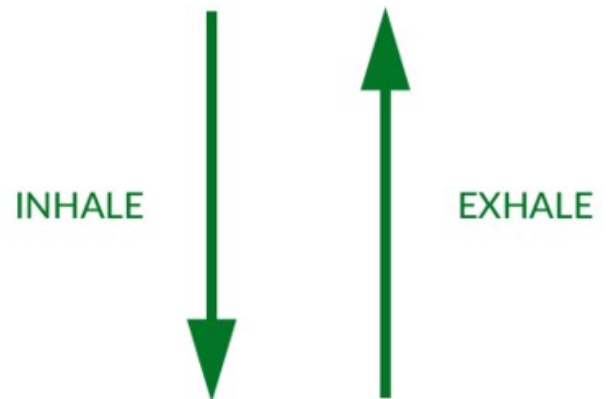
In and Out Method

While doing the breathing exercise, count from 1-5 and visualise the shapes in your mind.

As you inhale, think "I am breathing in"

As you exhale think "I am breathing out".

Repeat as needed.



It's recommended to practice at a slow breathing pace. Whenever you feel life is overwhelming, or you'd like to slow down, give this a try.

It's also recommended that you feel your breath entering and leaving your body. Try focusing on the cool air as you inhale and the warmer air as you exhale.