

# Breathing Technique (Back to calm)

When stress hits, getting your breathing back to a normal rhythm is the fastest way of improving the situation.

Learn and follow these steps, this can be used as part of the **STOPP** Technique.

**Take a deep, slow breath** in through your nose for about 5 or 6 seconds (if deep breaths are a problem, do 5 shorter breaths in)

**Hold** for a few seconds

**Breathe out slowly through your mouth** for about 7 seconds (breathe out like you are whistling)

**Repeat** 10 times