

HELPING YOU FIND YOUR WAY TO WELLBEING

NEL Mental Health Support Teams



BELLY BREATHING

As you take in a deep breath count to 4 1, 2, 3, 4 and with your breath, try to fill your tummy like it is a balloon.

Next, breathe out to the count of 4, let the air out of your tummy, letting down the balloon, 1, 2, 3, 4 Can you feel the relaxation? Try again.

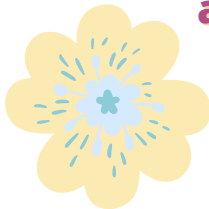
FINGER BREATHING

Use your finger to trace each finger counting to 4 on the breath in and out



CONCENTRATE ON BREATHING

Imagine you have a flower on the left of you and a candle on the right, turn to the flower and take a deep breath and imagine a beautiful smell from the flower, then turn to the opposite side and gently blow out the candle



CONTACT US



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