

# Your good breathing checklist

Am I...?

## Sitting, standing or exercising with good posture?

Check your back is straight, shoulders relaxed and down and chin is in.

## Breathing quietly?

Breathe slowly to make the breath quieter

## Breathing in and out like waves on a beach?

First let all the air go from your chest, like letting go of a blown-up balloon. Then try and find a steady, gentle rhythm so your breaths flow in and out. Try and make your breath out a bit longer than your breath in.

## Breathing through my nose or mouth?

Try to close your mouth and breathe through your nose.

You may need to use your nose sprays, blow your nose or use nasal rinsing to help keep your nose clear

## Breathing down to the bottom of my lungs?

Aim to get the breath down to your 'gills'. The top of your chest should be still.



Try all of these for 2 minutes to help settle your breathing