Parent Form 5.2

How to Relax in a Few Minutes Handout


2. Become aware of your breathing.

3. As you breathe in and out, slow your breathing down.

4. As you slow down your breathing, try to count from 1 to 10 as you hold that single breath.

5. Now exhale slowly, counting from 1 to 10 again until you are out of breath.

6. Repeat this deep, slow inhaling and exhaling as you count until you feel relaxed.

Now gradually let your breathing return to normal and open your eyes.