

Deep Breathing

STEP 1: WATCH	Get comfortable and close your eyes Just feel your breath for a couple of breaths
STEP 2: SLOW	Breathe in through your nose for a count of 5, pause Breathe out through your mouth for a count of 5
STEP 3: DEEP	Put your hand on your stomach Feel the hand rise as you breathe in and fall as you breathe out
STEP 4: FOCUS	Difficulties focusing? Add a word as you breathe in and another as you breathe out
STEP 5: PRACTICE	Practice every day Start with 10 breaths and grow to deep breathing for 10 min.

Questions to Explore

1. Did your level of stress change?
2. What was this experience like for you?
3. Can you think of a specific event when this technique might have been helpful during a stressful caregiving situation?



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