

1- Visual Controlled Breathing

Do the following in order:

- Close your eyes.
- Visualize your body in a comfortable, relaxed position.
- Inhale slowly, seeing your chest fill with air.
- Hold it momentarily.
- Exhale slowly, seeing a steady release of air through the mouth and nose.
- Feel the release of tension and/or anxiety.
- Repeat the above sequence four times.

2- Kinesthetic Controlled Breathing

Do the following in order:

- Close your eyes.
- Feel your stomach out, chest and shoulders steady.
- Slowly inhale, feeling the increase of air in the chest and the lift of the shoulders.
- Hold it.
- Slowly exhale, feeling a release in tension as the shoulders and chest drop and the stomach relaxes.
- Repeat the above sequence four times.

3- Audio Controlled Breathing

Do the following in order:

- Close your eyes.
- Hear yourself slowly inhale and exhale air as you breathe.
- Slowly inhale a breath.
- Hear the air pass through your mouth and nose.
- Feel the release of tension.
- Slowly release the air.
- Hear the sound of the air passing through your nose and mouth.
- Repeat the above sequence four times.