



Frontline Wellness Program – The Coping Club

Topic: Deep Breathing

Material:

The Stress Bucket - <https://www.youtube.com/watch?v=1KYC5SsJjx8>

Deep Breathing

The purpose of deep breathing is to relax the body and calm the mind and emotions

Abdominal vs. Chest Breathing

Abdominal breathing starts in the nose and moves to the stomach as the diaphragm contracts, causing the belly to expand and the lungs to fill with air. Compared with chest breathing, abdominal breathing not only brings in more oxygen, but it's also more efficient, because it pulls down on the lungs. The negative pressure in the chest cavity that is created with breathing in is enhanced, resulting in more air flowing into the lungs.



Tips to get started and to keep going

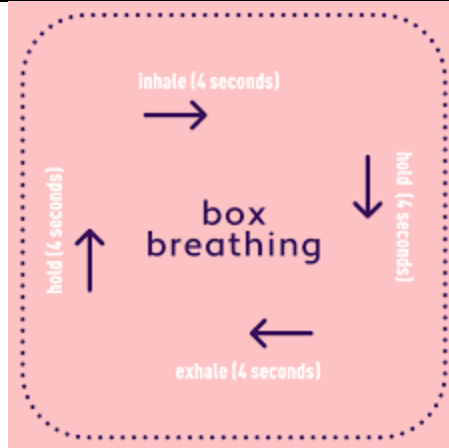
As much as you can, clear your mind of the things that are stressing you out.

Focus instead on the sounds and rhythm of your breathing

Do breathing exercises at least once or twice daily.

Practice when things are calm

You can place your hand on your abdomen to ensure that you are deep breathing



Box Breathing: <https://www.youtube.com/watch?v=G25IR0c-Hj8>



Figure Eight Breathing: <https://www.youtube.com/watch?v=Gt5hXVD7cZs>

CALM DOWN WITH TAKE 5 BREATHING



1. Stretch your hand out like a star.
 2. Get the pointer finger of your other hand ready to trace your fingers up and down.
 3. Slide up each finger slowly ~ slide down the other side.
 4. Breathe in through your nose ~ out through your mouth.
 5. Put it together and breathe in as you slide up and breathe out as you slide down.
- Keep going until you have finished tracing your hand.

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4-7-8 Breathing: <https://www.youtube.com/watch?v=j-1n3KJR1I8>

Kids Breathing Techniques:

Candle and Flower breathing: https://www.youtube.com/watch?v=qTN_MtV5TFw

Crab Breathing: <https://www.youtube.com/watch?v=XUwNAqGftGA>

Contact Us:

Interested in 1:1 counselling? Self-refer at

https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program

To connect with group facilitators email frontlinewellness@waypointcentre.ca

