

Stress and Anxiety Services of New Jersey, P.A.

A-1 Brier Hill Court
East Brunswick NJ 08816
www.StressAndAnxiety.com

Phone 732-390-6694
Fax: 732-432-7206
Email: SAS@StressAndAnxiety.com

Table 5:1

Outline for Breathing Retraining

Stage 1

1. Comfortable, quiet location
2. Count “1” on breath in and think “relax on breath out
Count “2” on breath in and thing “relax” on breath out, etc.
3. Focus attention on breathing and counting.
4. Normal rate and depth of breathing, using smooth inhalations and exhalations.
5. Expand diaphragm on breath in and keep chest still.
6. Count up to 10 and back to 1.
7. Practice twice daily, 10 minutes each time, for 7 days.
8. Monitor your practice.