

Breathing Card Example

Inhale Through Nose, Exhale Through Mouth

Directions

Use this visual support to guide an individual through deep breathing when they are feeling anxious, stressed, overwhelmed, or anytime to calm the body and mind. The card can be placed in a specific area or mobile and travel with the individual.

As the arrows indicate, the individual should follow these steps:

- Take a slow, deep breath in through the nose.
- Slowly exhale through the mouth in a steady rhythm of slow and controlled exhales.
- Repeat this cycle until the individual appears calm and self-regulated.

