

Breathing Card Example

Inhale 4 Seconds, Exhale 4 Seconds

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:

- Inhale through the nose for 4 seconds
- Hold for 4 seconds
- Exhale through the nose for 4 seconds
- Hold for 4 seconds

This completes one cycle. Repeat until you observe or they tell you that they are calmer and/or regulated.

