Equal Time for Breathing in and Breathing Out

While you do deep breathing, use a picture in your mind and a word or phrase to help you feel more relaxed.

1. Close your eyes if they're open.
2. Take a few big, deep breaths.
3. Breathe in through your nose. As you do that, imagine that the air is filled with a sense of peace and calm. Try to feel it throughout your body.
4. Breathe out through your mouth. While you're doing it, imagine that the air leaves with your stress and tension.
5. Now use a word or phrase with your breath. As you breathe in, say in your mind, "I breathe in peace and calm."
6. As you breathe out, say in your mind, "I breathe out tension and fatigue."
7. Continue for 5-10 minutes.