



6 Sides of Breathing



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

Follow the sides of the hexagon with your finger to take deep breaths.

- Starting at the star, breathe in as you trace along the first side
- Hold your breath as you move along the next side
- Breathe out as you trace the third side
- Repeat the deep breathing around the hexagon a few times, paying attention to the feeling of the breath flowing in and out of you.



WHY TO TRY:

Using a breathing pattern can help you focus your attention and send calming signals throughout your body.

Try to find a moment each day of the week to practice the tool.



Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?





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