



**5 - 5 - 5**

# BREATHING TECHNIQUE FOR RELAXATION

**THE  
PARASYMPATHETIC  
NERVOUS SYSTEM  
HELPS US CALM  
DOWN WHEN WE  
ARE TOO EXCITED.**

## FOLLOW THESE STEPS

- Relax your jaw, shoulders & stomach
- Inhale very slowly through your nose for 5 seconds: 1-2-3-4-5.
- Hold & Wait for 5 seconds: 1-2-3-4-5.
- Exhale very slowly through your nose or mouth for 5 seconds: 1-2-3-4-5.
- Repeat the process three - five more times (1 - 2 minutes total).
- Notice how you feel. (You should feel calmer.)

**WHEN WE GET UPSET,  
NERVOUS OR  
ANXIOUS, WE CAN  
TRIGGER OUR  
PARASYMPATHETIC  
NERVOUS SYSTEM TO  
CALM OURSELVES  
DOWN USING THE A  
SIMPLE TECHNIQUE  
CALLED 5-5-5  
BREATHING.**