



**10 -1
COUNTDOWN
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 and exhale evenly breathing as you count down.
- Start counting down 10-9-8-7-6-5-4-3-2-1-0
- Take another deep breath in slowly and exhale slowly
- Notice how you feel. (You should feel calmer.) Repeat as needed.

**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.**