

# Relaxation Advice and Deep Breathing Exercises

Information for patients, parents and carers

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## Relaxation and deep breathing exercises

The following deep breathing and relaxation exercises are to be used whenever you feel out of breath, stressed or anxious.

### Breathing exercises

Begin with a long slow breath out if you already appear to be breathing quickly. Do deep breathing exercises (tummy breaths) - in through your nose and out through your mouth, breathing out for as long as possible. This will need to be encouraged by whoever is with you at the time.

### Relaxation

- Lie/sit down in a quiet room
- Start the deep breathing in a slow controlled way
- Push your feet away from you as hard as possible- hold for 5 seconds. Repeat 3 times
- Push your hips away from your body as far as possible hold for 5 seconds and then relax. Repeat 3 times
- Clasp your hands as hard as possible hold for 5 seconds and then relax. Repeat 3 times
- Push your shoulders down as far as possible hold for 5 seconds and then relax. Repeat 3 times
- Push your head into the pillow as hard as possible hold for 5 seconds and then relax. Repeat 3 times before letting your head rest where it is
- Finally lick your lips a couple of times to make sure your teeth are not clenched.

### Imaging

Once you have followed the relaxation instructions:

- Close eyes and imagine a place that makes you feel safe and comfortable
- Count down seven steps to get to this place
- Once there, stay there for as long as you want, feeling relaxed and breathing easily
- When you feel ready to finish count down from seven, come back up the steps and open your eyes
- Take five minutes to come round so that you don't feel dizzy.

## More information

This routine can be modified to suit the situation and severity of the attack.

Once you are able to manage the breathing and visualisation you should be able to use them very quickly when you become short of breath or stressed without the need to lie down or have a quiet space.

## Contact information

If you have any concerns, contact:

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