

# GUIDED breathing

- Take a deep breath in and exhale slowly, through your mouth, making sure all the air is expelled.
- Hold your breath for 1 second.
- Take another deep breath and exhale slowly, through your mouth, making sure all the air is expelled.
- Hold your breath for 2 seconds.
- Continue on, increasing the number of seconds you hold your breath for when you exhale, until you reach 8, 9 or 10 seconds - or whatever you feel comfortable with.
- Then repeat, but each time reducing the count instead, until you get to 1 second again.
- By the end of this process you should feel calm and relaxed.

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