

# BREATHING RETRAINING

1. **Loosen your clothing.**
2. **Lie on your back or in the half-lying position.** Place pillows under your back and knees to relax the abdominal muscles
3. **Relax your entire body.** Especially warm and relax the abdomen. Release tension in chest, shoulders, neck, face, and jaw.
4. **Place a large heavy book over abdomen or place your hands over abdomen to monitor abdominal movement.**
5. **Begin breathing process.**
  - a. Bring your lips together.
  - b. Breathe comfortably and rhythmically, not deeply, through your nose. As you breathe in, let your stomach rise slowly, gradually, quietly.
  - c. Move smoothly into the exhalation without pause. Expiration is quiet, passive, and relaxed.
  - d. The in-breath and out-breath are approximately equivalent in time. Transition smoothly between the out-breath and in-breath with little pause between phases.
  - e. Keep all of your body above your diaphragm relaxed and still, moving only your abdomen.
6. **Continue for 5 to 10 minutes.** You might need to build up gradually to 5 to 10 minutes over the course of days or weeks, beginning with only a few seconds of practice.
  - If at any point you feel dizzy or faint, or if your diaphragm cramps, stop immediately. Dizziness or faintness will disappear if you get up and walk to increase your body's CO<sub>2</sub> production. When you resume practice, be sure that you're not breathing fast or deeply, only slowly and regularly
7. **Practice.** It might take a few weeks until abdominal breathing becomes automatic. Here are some suggested guidelines:
  - a. Practice twice a day or more, for 5 to 10 minutes each time.
  - b. **First Few Days:** just breathe at your regular rate.
  - c. **After Week One:** begin to gradually slow your breathing rate.
  - d. **After Week Two:** progress to the seated position, then to standing and leaning against a wall, standing unsupported, slow walking, and fast walking.
  - e. Try rebreathing (relaxed, abdominal breathing) in a variety of situations.
  - f. As you gain confidence, try consciously rebreathing in slightly stressful situations before anxiety symptoms appear. Then try it in situations where anxiety symptoms have already begun to appear.
    - Just notice the symptoms. Think to yourself, "My breathing is causing this. These symptoms are harmless and reversible. I know how to breathe."
    - Then relax your body, warm your abdomen, and breathe slowly and regularly.
    - Watch your symptoms come and watch them subside.
  - g. Do not attempt breathing retraining without first discussing this with your doctor if you have diabetes, kidney disease, or other disorders which might cause metabolic acidosis.

## RELAXATION GUIDELINES

1. **Regular Practice.** Relaxation is a skill that improves with practice. Most forms recommend practicing once or twice each day for 10 to 20 minutes each time.
2. **Concentration.** Relaxation techniques usually ask that you focus on one thing rather than scattering your attention. A singular focus allows the mind to calm down.
3. **Relaxation training works well after exercise or yoga,** when the body is calming down and the mind is clear. Digestion seems to interfere with relaxation, so don't practice right after a meal.
4. **Relaxation techniques work very well for people who want to fall asleep at night.** You will probably want to use these techniques for this purpose at times. However, as a rule, try to keep your mind alert and focused when you practice to gain the most benefit.
5. **Trust that the technique will bring benefits.** Develop a confident attitude. Don't force or hurry relaxation. Just accept and enjoy whatever happens. It is the process, not the immediate outcome, that matters.
6. **Some people need less medication when practicing relaxation so speak with your doctor about the need to monitor dosages.** Requirements may lessen for insulin or medications for high blood pressure, epilepsy, depression or anxiety.
7. **Rise slowly after relaxation training.** Allow ample time for your blood pressure to return to normal.
8. **For each form of relaxation, you will find a script that you can read.** Youtube has videos with scripts being read if you'd rather listen to a script.
9. **Some people feel as if they are floating or losing track of time as they relax.** Most people feel this is pleasant. If it is not, simply stop.

### *WHAT IF I FEEL MORE ANXIOUS AS I TRY TO RELAX?*

1. Remind yourself that you are safe now.
2. Remind yourself that arousal symptoms are just a result of sensitized nerves
3. Write out your worrisome thoughts in a journal before you try to relax
4. Persist and counter the belief that bad things will happen if you relinquish control
5. Remind yourself that people who take a relaxation break (or exercise) usually accomplish more.

**PROGRESSIVE MUSCLE RELAXATION SUMMARY:**  
***TENSE, OBSERVE, RELAX, OBSERVE***

1. Close your eyes (if comfortable)
2. Point feet and toes
3. Pull toes and feet back toward head
4. Straighten legs; lock knees
5. Press backs of heels down
6. Squeeze knees together
7. Squeeze buttocks together; tighten pelvis
8. Squeeze stomach
9. Arch back
10. Flatten small of back down against floor
11. Press shoulders down, arms against body
12. Shrug shoulders
13. Bend hands back at wrists
14. Make fists; pull back to shoulders
15. Rotate neck
16. Press head back against floor while raising chin
17. Lift eyebrows up
18. Wrinkle nose; squeeze eyes shut, squeeze eyebrows together
19. Frown
20. Clench teeth
21. Smile

# Breathing Exercises

## Four In, Four Out Slow Belly Breathing

1. Close your eyes.
2. Breathe through your nose.
3. Deliberately slow your breathing down.
4. Breathe from your relaxed belly.
5. Keep your breaths smooth, steady, and continuous.
6. Breathe in while counting slowly "1-2-3-4."
7. Pause.
8. Breathe out while counting slowly "1-2-3-4."
9. Pause.

## Whole Body Muscle Tensing and Relaxing

1. Take a very deep breath in with your mouth open; fill your lungs up.
2. Hold your breath.
3. Tense muscles all over your body.
4. Count 5-10 seconds.
5. Let go of all the tension in your muscles and slowly let your breath out.

## 4-4-4-4 Breathing

1. Breathe in while counting to 4. Make it a deep, belly breath.
2. Hold your Breath while counting to 4.
3. Breathe out while counting to 4.
4. Hold your Breath while counting to 4.
5. Do this sequence 2 more times.

## 4-6-4-6 Breathing

1. Breath in for a count of 4.
2. Hold for a count of 6.
3. Breathe out for a count of 4.
4. Hold for a count of 6.

## The Sigh

1. Breath in.
2. When you breath out, open your mouth and let the air out so you hear the sound of the air releasing, a soft sigh sound.
3. As you let the air out, relax your shoulders, neck and other muscles and let go, like you're melting.

## Buteyko Small Breath Holds

1. With your mouth closed, take a small, but calm and relaxed, breath in.
2. Take a small breath out.
3. Hold your nose closed with your hand.
4. Hold for a count of 5.
5. Release.
6. Gentle, soft breathing in-between sets.
7. Tongue rests at the roof of the mouth; Teeth slightly apart; jaw relaxed; Drop shoulders; relax chest and belly; Relax facial muscles.

## Alternate Nostril Breathing

1. Close the right nostril with your right thumb. Then inhale slowly through your left nostril.
2. Then close the left nostril with your right index finger and open the right nostril by removing the right thumb. Exhale very slowly through the right nostril.
3. Then draw the air through the right nostril as long as you can do it with comfort and exhale through the left nostril by removing the right index finger.
4. This is one round. Do 12 rounds.
5. Breathing in and out should be as slow, soft, steady and long as possible. But don't force.

## 4-7-8 Breathing

1. Exhale all the air out through your mouth.
2. Curl the tip of your tongue up to touch the hard ridge behind your upper front teeth and hold it there for the duration of the exercise.
3. Close your mouth and inhale through your nose for a count of 4. Don't force it, but take a good breath as this has to last for the next 15 counts.
4. Hold your breath for a count of 7.
5. Open your mouth and exhale through your mouth (still pressing the tip of your tongue to the hard ridge behind your upper front teeth) for a count 8. of You will make a sound as the air moves around your tongue. You may want to purse your lips if this helps you to direct the flow of your exhalation.
6. Repeat 4 times.

(instructions written by madlyinlovewithlife.com)

## The Complete Breath

1. First, inhale completely at the abdomen.
2. Continue to inhale by filling in the mid-section, the area of the diaphragm.
3. Continue to inhale by filling the chest, allowing the upper chest and the shoulders to rise.
4. Then systematically release and empty from the upper portion, then the mid-section, and finally empty completely at the abdomen.

(www.swamij.com)

## Relearn How To Breathe (Don Campbell)

1. Inhale deeply
2. Exhale with a short burst (as if blowing out a candle). This helps activate your diaphragm.
3. Exhale with a long, slow finish to empty the lungs. Breathlessness is from not expelling enough CO2.
4. Inhale, filling your lungs from the bottom to the top, instead of taking short sips. Most use a third of their lung capacity.
5. Hold for a moment to allow oxygen to saturate the cells.
6. Exhale slowly and completely.
7. Repeat steps 4 through 6 for five minutes.
8. Do this exercise five times a day

<b>Soft Anger</b>	<b>Mood State Anger</b>	<b>Intense Anger</b>
Annoyed	Angry	Hostile
Frustrated	Mad	Aggressive
Cross	Offended	Livid
Apathetic	Antagonized	Outraged
Peeved	Bristling	Furious
Irritated	Sarcastic	Belligerent
Cranky	Aggravated	Hateful
Crabby	Arrogant	Bitter
Bored	Indignant	Raving
Impatient	Inflamed	Contemptuous
Critical	Affronted	Disgusted
Cold	Resentful	Vengeful
Displeased	Incensed	Vindictive
Rankled	Exasperated	Violent
Detached	Riled up	Menacing
Indifferent		Seething
		Spiteful

# Anger Diary

## Description

Self-monitoring is a fundamental tool in cognitive behavioral therapy (CBT). Self-monitoring can be used to:

- Identify negative automatic thoughts (NATs)
- Help clients understand the links between thoughts, emotions, body sensations, and responses

This *Anger Diary* is designed to help clients to better understand their angry responses (thoughts, emotions, body sensations, behaviors) to situations.

## Instructions

Clients should be instructed to record specific instances in which angry thoughts, feelings, or responses were prompted.

1. In the first column (Date / Time) clients should be instructed to record what day & time they noticed a change in their anger.
2. In the second column (Trigger) clients should be instructed to record what they were doing when they started to notice a significant change in how they were feeling. Training clients to record specific details (such as who they were with, where they were, and what had just happened) is often helpful when later elaborating a memory for an event, or simply in understanding the reasons for subsequent thoughts and responses
3. In the third column (Emotion) clients should be instructed to record their emotional reactions in that moment (which can typically be described using single words, e.g. angry, annoyed, frustrated). Clients should be encouraged to rate the intensity of these sensations on 0–100% scale.
4. In the fourth column (Body sensations) clients should be instructed to record their associated body sensations (e.g. tightness in my stomach). Clients should be encouraged to rate the intensity of these sensations on 0–100% scale.
5. In the fifth column (Thoughts) clients should be directed to record any automatic cognitions. They should be reminded that cognitions can take the form of verbal thoughts, but can also take the form of images, or memories. If a recorded cognition is an image (e.g. *“I had a picture in my mind of him smiling as he pushed in”*) clients should be directed to question what that image means to them (e.g. *“It means he knows that he’s taking advantage, that he thinks I’m weak”*) and to record that idiosyncratic meaning.
6. In the sixth column (Behavior) clients should be instructed to record what they did in reaction to their thoughts, emotions, and body sensations. Did they try to express or suppress these feelings?
7. In the seventh column (Consequences) clients are encouraged to reflect upon the consequences (positive and negative) of their reactions.

## References

Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford.

Fernandez, E., & Beck, R. (2001). Cognitive-behavioral self-intervention versus self-monitoring of anger: Effects on anger frequency, duration, and intensity. *Behavioural and Cognitive Psychotherapy*, 29(3), 345-356.

# Anger Diary

Date / Time	Trigger What had happened just before you felt angry?	Emotion How did you feel at that time?	Body sensations What did you feel in your body?	Thoughts What was going through your mind?	Behavior How did you react? What did you do?	Consequences What happened and how did you feel as a result of your actions?
	Where were you? Who were you with? What were you doing?		How did that body sensation make you feel?	Did you have thoughts about another person's transgression? Record any thoughts or images that went through your mind		What were the short term and long term consequences?