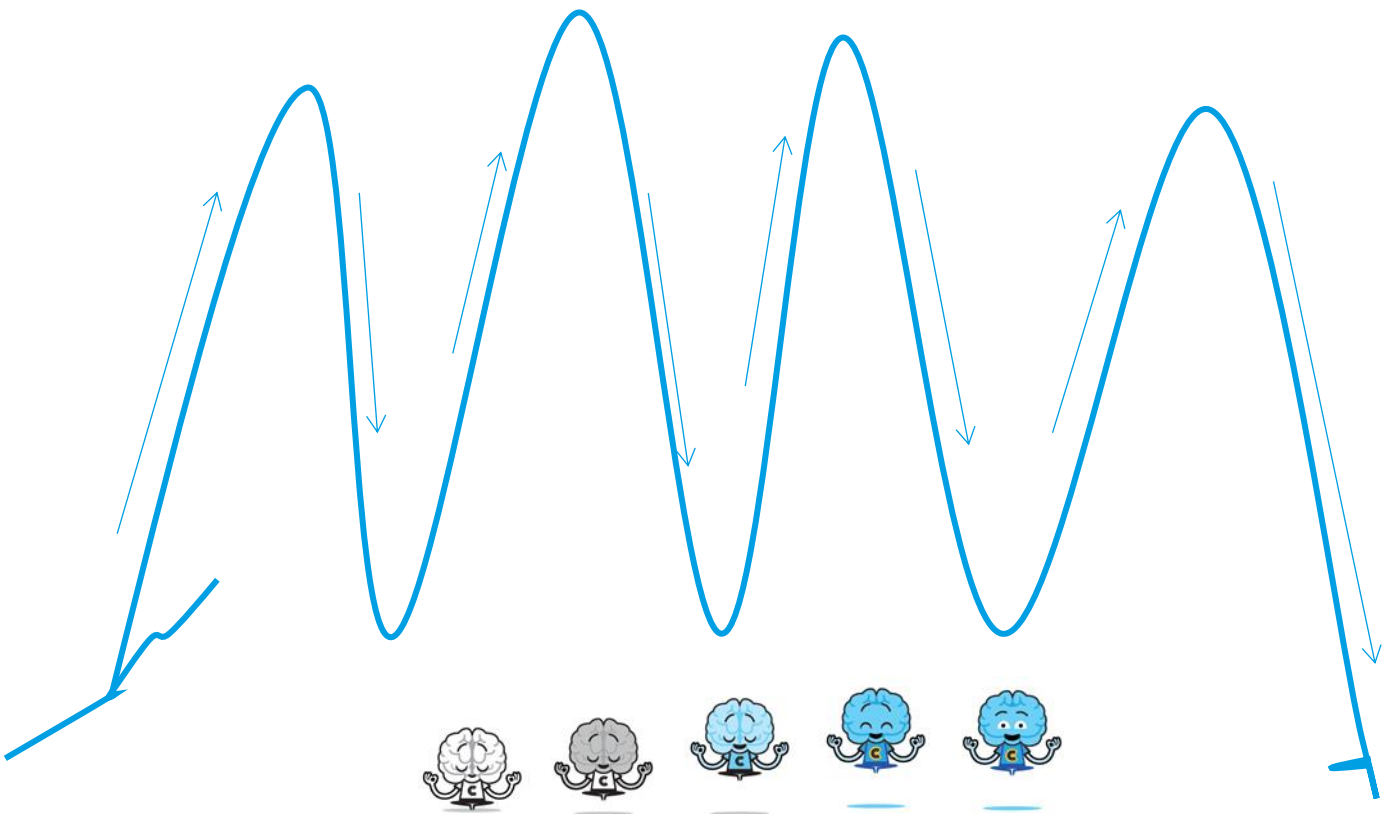


WORK SHEET – Exercise 2D

Breathe like a mountain

This is a breathing exercise that you can do whenever you need to calm down and slow your heartbeat and breathing i.e. when you're a bit afraid, when you feel shy, when you're hesitant to do something...

1. You noticed that your feelings of fear can vary in intensity. When it's strong, you usually breathe irregularly and your breaths are short and fast. This kind of shallow and fast breathing in fact heightens your sensation of fear.
2. Slow and deep breathing is therefore the first step to calming your emotions. And that's very practical, because you'll always have it with you!



3. Slowly follow the outline of the mountains with your finger or eyes in the direction of the arrows.
4. Breathe in slowly and deeply when the arrow points upwards so you take in a lot of air.
5. Breathe out all the air in your lungs when the arrow points downwards. When you get to the long arrow at the end of the mountain, take your time to breathe out fully to empty all the air from your lungs.
6. Repeat the exercise at least three times, slowly.
7. Increasingly you will feel that your breathing is calming your fear. This also works for other uncomfortable emotions...