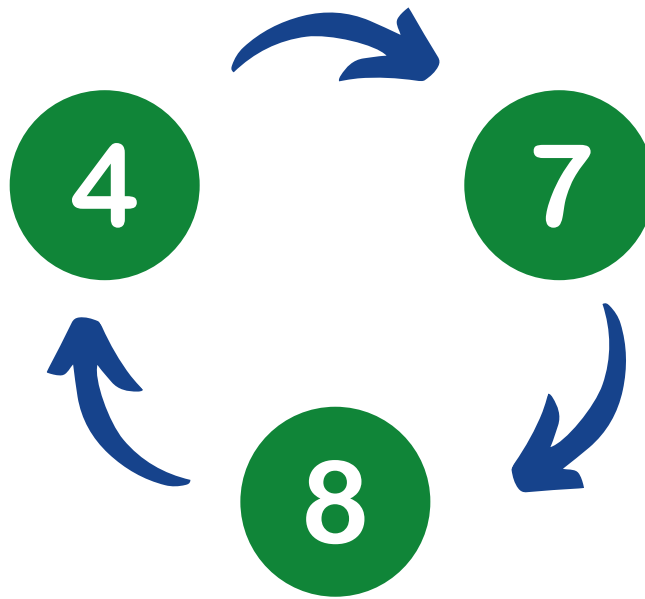


# Caregiver Breathing Techniques

## For Relaxation and Calming

### 4-7-8 BREATHING

1. Inhale for 4 seconds through your nose
2. Hold your breath for 7 seconds
3. Exhale through your mouth for 8 seconds



### PURSED LIP BREATHING

1. Relax your neck and shoulder muscles
2. Inhale through your nose while counting to 2
3. Pucker your lips as if you were to blow out a candle
4. Gently exhale through your pursed lips while counting to 4



# Caregiver Breathing Techniques

## For Relaxation and Calming

### DIAPHRAGMATIC BREATHING

1. Sit or lie down in a relaxed position. Place one hand on your chest and the other below your ribcage
2. Breathe in through your nose, while keeping your hand on your chest remaining still
3. Tighten your stomach muscles and exhale through the pursed lip technique



### SHOULDER ROLL BREATHING

1. Sit up straight in a comfortable position
2. Inhale deeply through your nose as you start to raise your shoulders toward your ears
3. As you slowly exhale through your mouth, begin to lower your shoulders

