

Deep Breathing

Deep breathing is a popular relaxation technique that helps to control the symptoms of stress, anxiety, and anger. The skill is easy to learn, and provides near immediate relief from uncomfortable symptoms. As the name suggests, deep breathing works by taking slow, deep breaths, to trigger the body's relaxation response.

Our **Deep Breathing** worksheet includes an easy-to-follow set of instructions, along with a rationale for the exercise, tips, and common pitfalls to avoid. This printout is a great take-home reminder for clients after practicing deep breathing in therapy.