

BfN Big Tea Break Moment of Calm Techniques

Space Breathing

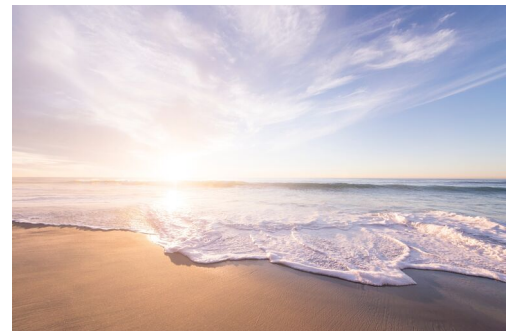
- Take a long soft breath in through the nose, hold it, count 1, then exhale gently and completely through the nose
- Long inhale, hold, count 1, 2 and gently exhale
- Inhale, hold, count 1, 2, 3 and exhale
- Inhale, hold, count 1, 2, 3, 4 and exhale
- Inhale, hold, count 1, 2, 3, 4, 5 and exhale
- Allow breathing to return to normal
- Observe how you feel. Has the breathing had a positive effect?
- Repeat if needed



TIP: You can use your hand to do the count

Beach Visualisation:

- Read the instructions a few times, then close your eyes
- Become aware of your breathing
- Feel your body soft and heavy
- Picture yourself on a perfect beach
- Visualise the sand, blue sky, cool breeze, gentle waves...
- Take a walk towards the water's edge
- Sit, stand or lie by the water
- Become aware of the sound of the waves, like your breath, moving in and out
- As you breathe in, feel strength and energy
- As you breathe out, allow the wave to take away any stress or worries
- Stay as long as you wish, focusing on the breath and waves
- Allow breathing to return to normal
- Become away of the room around you, then gently
- open your eyes
- Observe how you feel. Has the breathing had a positive effect?



www.breastfeedingnetwork.org.uk/bigteabreak

#bfnteabreak #DIBM

**All funds raised go towards supporting BfN's
Drugs in Breastmilk Information Service**

Texts cost £3 plus your standard message rate.

The Breastfeeding Network is a registered Scottish charity no. SC027007

The Breastfeeding Network is a company limited by guarantee registered in Scotland company no. 330639

Thank you to BfN Tutor Naomi Waters for compiling these techniques.

