

Deep Breathing Techniques

Application

Practice deep breathing techniques with "flower breathing" handouts below.

Deep Breathing :

- Helps you relax
- Lowers your heart rate
- Lowers blood pressure
- Effective coping strategy



For more information on teen depression, check out
www.ErikasLighthouse.org



Erika's Lighthouse



Breathe In

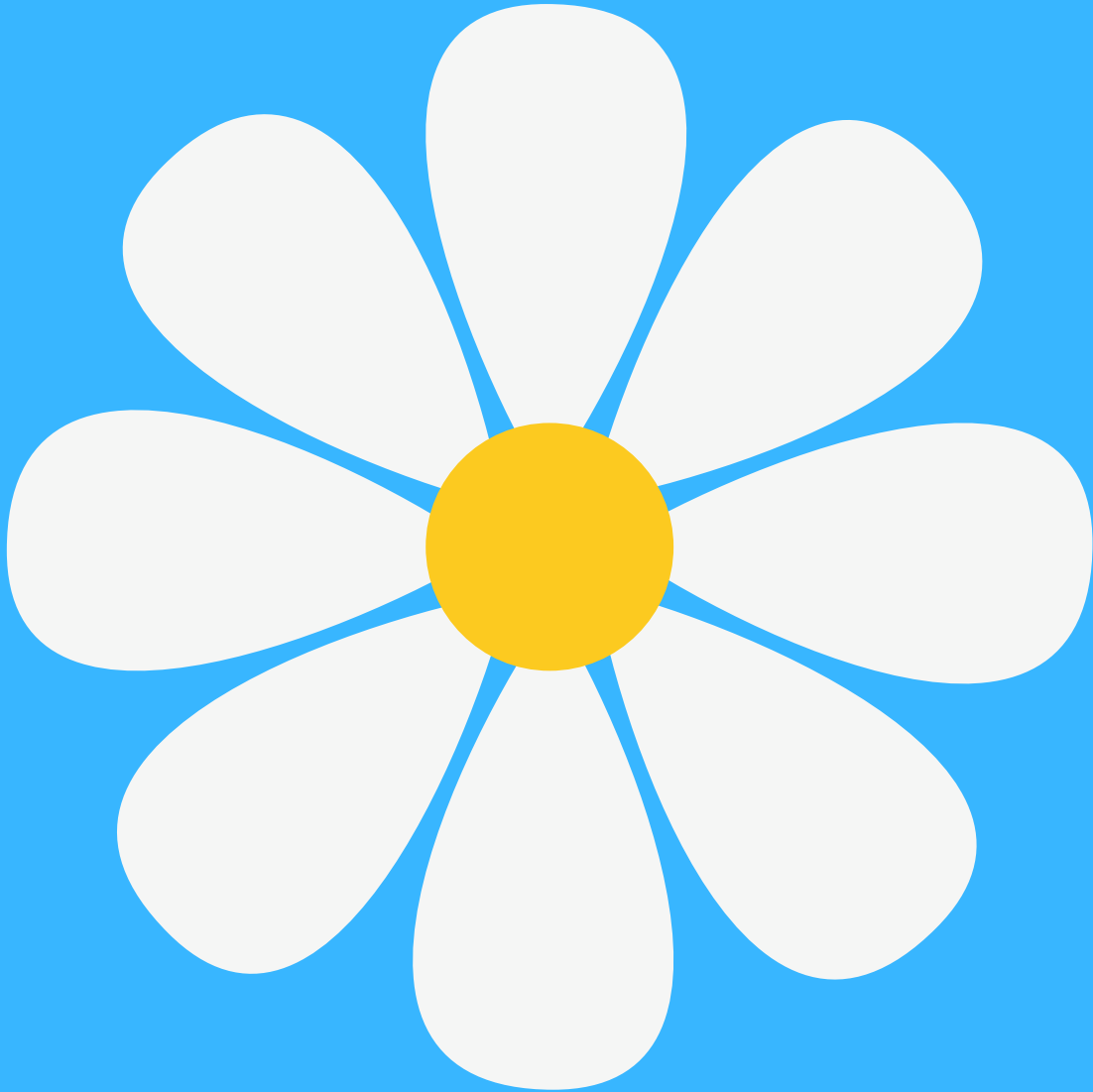
*Pretend you
are smelling
the flower*

Breathe Out

*Pretend to blow
out the candle*



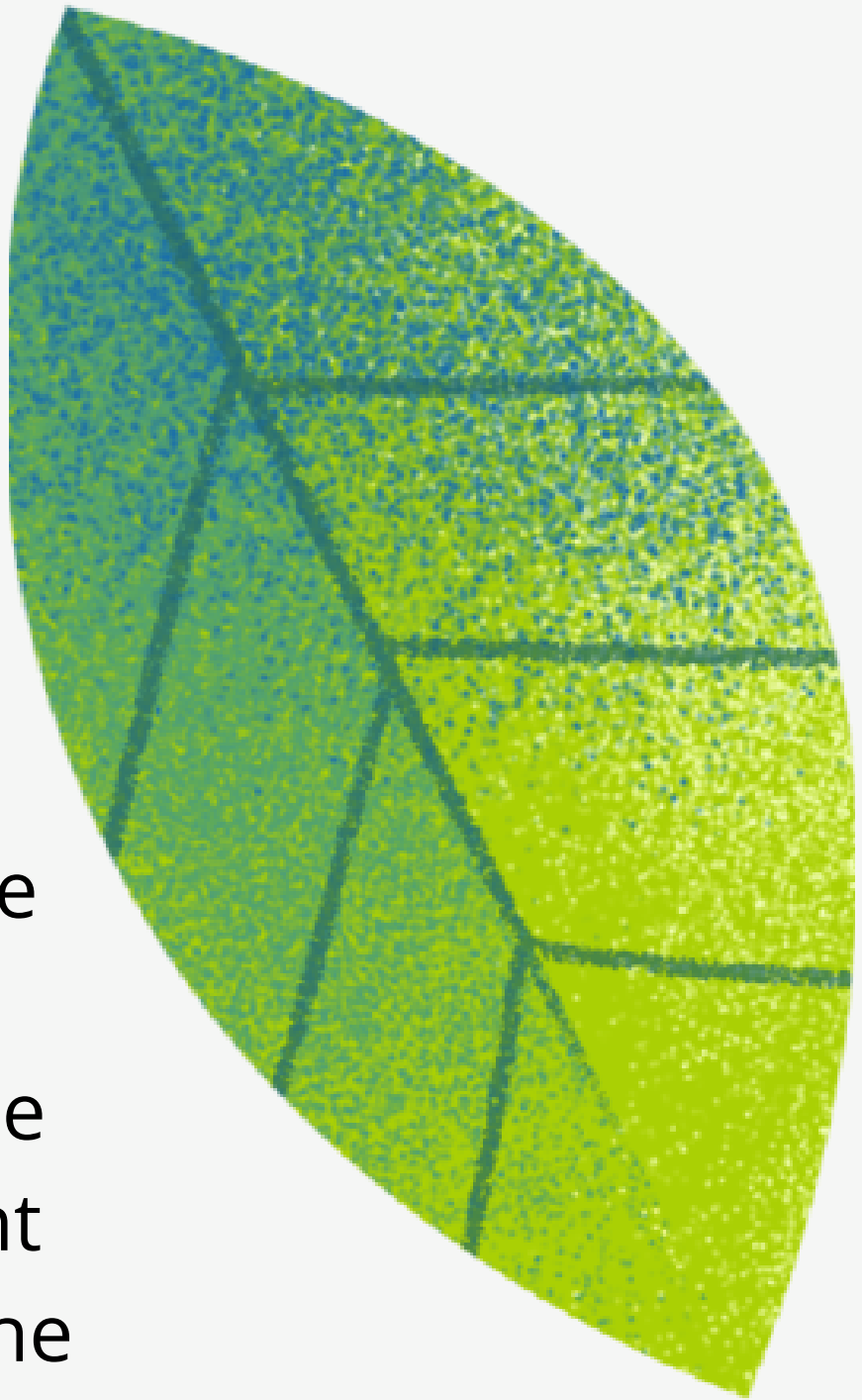
Flower Breathing



*Use your finger to
trace the flower
petals*

*Breathe in for
2 petals and
breathe out
for 2 petals*

Leaf Breathing



Slowly trace the
leaf.

Breathe in while
tracing the right
side then breathe
out while tracing
the left side.