



Suicide
Prevention
Pathways

TALK SUICIDE

Slow Breathing Exercise

1. Hold your breath and count to 6 (don't take a deep breath).
2. When you get to 6, breathe out and say the word "relax" to yourself in a calm soothing manner.
3. Breathe in and out slowly in a six-second cycle.
4. Breathe in for three seconds and out for three seconds. This will produce a breathing rate of 10 breaths per minute.
5. Say the word "relax" to yourself every time you breathe out. Breathe in smooth and light manner.
6. Make sure you breathe through your nose and use your abdomen rather than chest muscles.
7. At the end of each minute (after 10 breaths) hold your breath again for 6 seconds and then continue breathing in the six-second cycle.
8. Continue breathing in this way until all the symptoms of over-breathing have gone.

Practicing this exercise frequently throughout the day can help reduce feelings of stress and can be used as a short term coping strategy.