

## **Breathing Exercise: From *Transforming Traumatic Grief* by Courtney Armstrong, LPC**

Inhale slowly and deeply for five seconds into your diaphragm, so your belly rises, exhale slowly over the course of five seconds. As you breathe you can think, “in...2...3...4...5... out...2...3...4...5...” Continue this pace, counting through your breaths for at least one minute or six breath cycles.

Next, imagine someone or something for which you feel appreciation, such as a supportive friend, a special place, or a meaningful song. Continue the paced breathing with 5-second inhalations and 5-second exhalations, as you allow the feeling of appreciation to sooth you.”