

# 7/11 Breathing

- We call this exercise 7/11 breathing, because you breathe in for a count of 7 and out for 11.
- Allow your lungs to empty, then breathe deeply into your stomach while counting to 7.
- Once you reach 7, breathe out gently to the count of 11, so that the out breath is much longer
- Fit the numbers to the breath, rather than the other way around.
- If you find that it's difficult to lengthen your breaths to a count of 11 or 7, then reduce the count to breathing in for 3 and out to 5, or whatever suits you best, as long as the out-breath is longer than the in-breath.
- Repeat this for 2 to 3 minutes or until you feel calm and relaxed



# Finger Breathing

- To start, place the index finger of one hand at the base of the thumb of your opposite hand.
- Breathe in while tracing your index finger up to the tip of your thumb and breathe out while you trace back down.
- Then move on index finger. Breathe in while moving up and breathe out while moving back down.
- Continue on until you've traced your entire hand. Reverse and move back toward your thumb



Video explanation: <https://youtu.be/gAjCrw22xHo>



**S**top whatever you are doing

**T**ake 3 deep breaths

**O**bserve your breathings (pace, temperature etc) or observe sounds around, for a minute

**P**roceed with what you were doing with calmness