**Easy Deep Breathing Exercises**

Because bullying may be unexpected, it is good to have tools to help calm yourself quickly. Breathing can be a great way to help control your reactions and emotions to bullying.

Breathing exercises work by relaxing your body and clearing your head. When you do each of these, focus on breathing in the good and breathing out the bad. Focus on letting go of tension and anger.

Each of these exercises can be done quickly and quietly, but they take practice! Pick one or two that you like and work on getting the steps down so that you can use these exercises when you need them.

**Focus on Your Breathing**

This is easy, all you have to do is:

1. Focus on your breathing.
2. Make sure you are taking in good long breaths.
3. Let each breath all the way out.

**Counting to 10**

1. Slowly inhale through your nose for about 5 seconds.
2. Hold the breath in and count to 10 in your head.
3. Exhale slowly through your mouth.

**A Real Belly Breath**

1. Slowly inhale and push your belly out, count to 3.
2. Slowly exhale and draw your belly in, pushing the air out of your lungs.
3. Do this 3 or 4 times.

**Waiting to Exhale**

1. With your mouth closed, slowly inhale through your nose for about 5 or 6 seconds.
2. Hold the breath for 2 to 3 seconds.
3. Exhale slowly through your mouth, for about 5 seconds.
4. Try this for about a minute. Notice how much better you feel.