



Statement Breathing

For many people, deep breathing exercises can be a great way to bring calmness and relaxation. The key to finding a technique that works for you is to personalize it to address your individual needs. One way to do this is through statement breathing.

As with other breathing exercises, focus on taking long, slow, and deep breaths that expand your belly on the inhale and contract it on the exhale. Be sure to get comfortable in your seat and either close your eyes or focus your gaze on a point in front of you.

With statement breathing, you will think of a statement that is short enough to say to yourself in a breath – half on the inhale, and half on the exhale. You might say on the inhale, “I am,” and on the exhale, “completely relaxed.” Or, “My body and mind are still” on the inhale and “I am grounded” on the exhale. The important thing is to think about what you need and come up with something that works for you. You might try several statements before you find one that works well.

Use this template to write down a few statement breathing ideas, and test them out to see which work for you.

On the in breath:

On the out breath:

On the in breath:

On the out breath:

On the in breath:

On the out breath:
