

BREATHING TECHNIQUES



ABOUT US

Credit Valley Counselling and Psychotherapy provides compassionate, evidence-based support for individuals, couples, and families. We offer a safe space to explore challenges, strengthen coping skills, and work toward meaningful emotional wellbeing.

WHY BREATHING HELPS

When you feel anxious or overwhelmed, your breathing often becomes fast, shallow, or uneven. This can create sensations like dizziness, chest tightness, tingling, or a sense of panic.

Slow, controlled breathing helps reverse these sensations by activating the body's calming system and telling your brain that you are safe.



Breathing techniques can help with:

- Anxiety and panic
- Stress
- Difficulty sleeping
- Overwhelming emotions
- Grounding during distress

4-6 BREATHING TECHNIQUE



When you feel anxious, your body often speeds up your breathing without you noticing. This can lead to lightheadedness, chest tightness, or a sense of panic. 4–6 breathing helps calm the body by slowing your breathing down on purpose.

- Inhale through your nose for 4 seconds.
- Exhale slowly through your mouth for 6 seconds.
- Repeat for 1–2 minutes

This technique helps steady your heart rate, relax tense muscles, and quiet overwhelming thoughts.

BOX BREATHING TECHNIQUE

Box breathing is a simple, structured technique that helps regulate your breath and calm your nervous system. It involves breathing in, holding, breathing out, and holding again for the same amount of time, usually four seconds each.

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold again for 4 seconds
- Repeat for several rounds





FOR MORE INFORMATION PLEASE CONTACT



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