

Happy Breathing Script

**For Relaxation - Breathing
Out Negative Thoughts**



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I'd like you to sit on your chair nice and tall - back against the chair and feet flat on the floor.

This exercise is a really simple way to help your body and mind relax and feel a little calmer.

Close your eyes when you're ready. Start by taking a nice deep breath, breathing in through the nose and out through the mouth.

Let's do this five more times.

Put your hand on your tummy and feel it rise and fall.

Try and make the movement of the tummy as big as you can with each breath. When you breathe in, the tummy gets bigger and when you breathe out, the tummy gets smaller.

In through the nose and out through the mouth.

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Really feel the movement in your hand and notice it rise and fall.

Imagine with every 'out' breath, you're breathing out any worries, and breathing in positive and hopeful feelings.

Breathe out and release your worries. Breathe in happy and calm thoughts.



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And, when you're ready, gently open your eyes and notice how you feel.

