

Daily Record of Your Breathing Rate

Instructions

- Monitor your breathing rate at the times shown below.
- If you have just done some form of activity (e.g. walking upstairs, etc.) that increases your breathing rate, take your breathing rate about 20 minutes after you have finished the activity.
- Try to be sitting or standing quietly when you count your breathing. Don't try to alter your breathing rate as you are counting.
- Breathing Exercise:
 - a) put your writing hand on your stomach and the other hand on your chest,
 - b) breathe in through your nose and out through your mouth. Remember...jaw relaxed, breathe low and slow
 - c) Do this for approximately 5 minutes three times per day.
- Remember to: 1) monitor your breathing rate, 2) practise the breathing exercise, and 3) monitor your breathing rate again.



CALMING TECHNIQUE

1. Ensure that you are sitting on a comfortable chair or laying on a bed
2. Take a breath in for 4 seconds (through your nose if possible)
3. Pause for 2 seconds
4. Release the breath taking 6 seconds (through your mouth).

| | 10:00 a.m. | | 2:00 p.m. | | 7:00 p.m. | |
|-------|------------|-------|-----------|-------|-----------|-------|
| Date | Before | After | Before | After | Before | After |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |

Breathing Rate: Number of breaths (in and out) in one minute.