

Think NVR

Regulation Technique - Breathing

'Taking a deep breath takes your focus off whatever's angering you, which can help you de-escalate. When you are angry adrenaline starts flowing, your muscles tense up, your heart rate increases, you sweat, and your breathing quickens.'

Mitch Abrams, Psy.D., a clinical psychologist.

1. Use these following breathing ideas to help your child cool down when they are angry/frustrated or feeling a strong emotion.
2. Do them with your child to mentor then also have sheets stuck on a wall so they can practice their own self regulation too.

Deep breathing will:

- reduce cortisol levels, slow heart rate, release neurochemicals that elevate moods and control pain, make your child feel calmer and happier, let your child's brain relax and be able to think.

Let me know how it goes! Does it change any dynamic in your family? megan@thinknvr.co.uk

Megan runs [Think NVR](http://www.thinknvr.co.uk) and is the Founder of [Hear Their Roar](http://www.heartheirroar.co.uk) She is also a foster carer and has had many children and teenagers so far!

Megan has created her own resources for Think NVR and HTR but, as a gift, here is a free resource you can use.

5 Finger Breathing

1. Put a hand on a surface and stretch out fingers.
2. With the index finger of your other hand trace up and down each of your fingers on the outstretched hand.
3. As you trace up a finger breathe in deeply.
4. As you trace down a finger breathe out fully.
5. Repeat as many times as you need till you feel calm.



[5 Finger Breathing Video](#)

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Figure of 8 Breathing

1. Use the figure of 8 below.
2. With the index finger trace around it and breathe in and out.
3. As you trace round the left of the figure of 8, breathe in deeply.
4. As you trace round the right of the figure of 8, breathe out fully.
5. Repeat as many times as you need till you feel calm.



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Teddy Breathing

1. Find a teddy or soft toy.
2. Lie down on your back.
3. Put teddy on your tummy.
4. Breathe in deeply and see teddy rise up.
5. Breathe out deeply and see teddy go back down.
6. Repeat as many times as you need till you feel calm.



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Bubble Breathing

1. Use a straw in a glass of water and blow bubbles.
2. If you have fancy shop bought bubbles use them.
3. If you are brave, fill the sink up, dip your head in and blow bubbles under water.
4. Repeat as many times as you need till you feel calm.

