**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).

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<tr>
<th>Date</th>
<th>10:00 a.m.</th>
<th>2:00 p.m.</th>
<th>7:00 p.m.</th>
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**Breathing Rate:** Number of breaths (in and out) in one minute.