

# 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).

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

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