**Monday’s Well-being journal**

Write down 3 things that make you happy.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Rectangular breathing**

Relaxed tummy breathing helps if you are feeling overwhelmed or panicky. It can help to relax you and slow down your breathing.

The three R’s of relaxed tummy breathing

Rise they tummy as you breathe in

Relax the breath out

Rest and wait for the next breath to come

Look for a rectangle - wherever you are, there is often a rectangle to be seen, for example a picture, TV, computer screen, tablet, door, window, table top, mobile phone etc

Follow the sides of the rectangle with your eyes as you tummy breathe. Gradually slow the speed at which your eyes move around the edge of the rectangle to slow your breathing.



