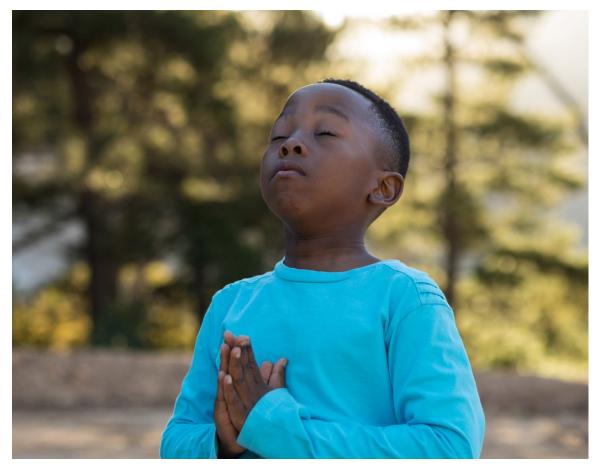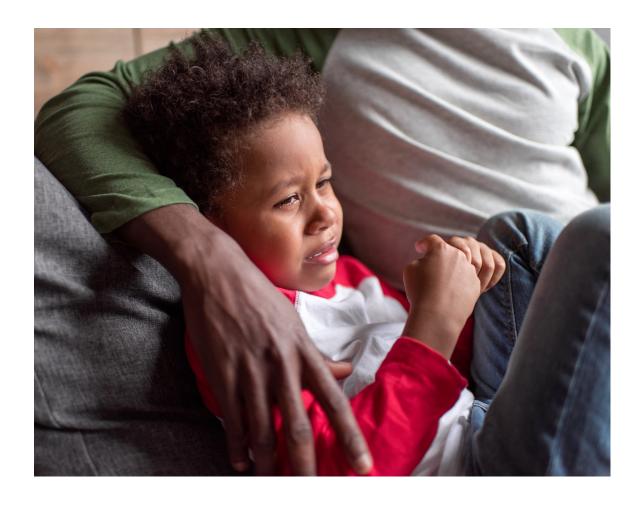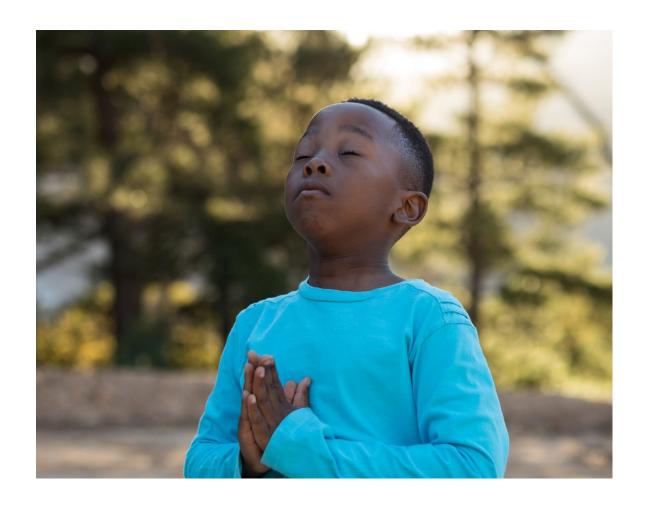# Deep Breathing

Social Story

One thing I can do when I need help calming my body is deep breathing. It is a great coping strategy to use when I feel angry, upset, or overwhelmed.

I can even take a deep breath when I feel nervous, scared, or worried. I might even take a deep breath when I'm feeling really excited or happy about something.

It's really easy to practice deep breathing. Taking a deep breath only involves three steps.

First, I inhale so that air comes in through my nose. I can pretend that I am smelling a flower for this step.

Next, I pause and hold my breath for a second or two.

Then, I exhale so that air goes out slowly through my mouth like I am blowing bubbles or blowing out candles on a birthday cake.

I can even practice my deep breathing by blowing bubbles or blowing dandelions.

Taking a deep breath is really easy to do. I just need to breathe in through my nose, pause, and then blow out through my mouth.