

Controlled Breathing Diary Sheet

Before you start, check out your feelings and use the scale below to rate how anxious you are.

Totally relaxed	Little bit anxious	Quite anxious	Very anxious
1 2	3 4 5	6 7 8	9 10

- Now take a deep breath
- Hold it, count to 5
- Very slowly let the breath out
- As you let it out, think to yourself "Relax".

Take a deep breath and do it again. Remember to let the breath out nice and slowly. Do this again, and then one more time.

Use the scale below to rate how you are feeling now

Totally relaxed	Little bit anxious	Quite anxious	Very anxious
1 2	3 4 5	6 7 8	9 10

If there is no difference in your ratings, don't worry. Have another go and remember that the more you practise, the more you will find it helps.