

**Table 4-10: Slow Rhythmic Breathing for Relaxation**

- 1. Breathe in slowly and deeply.**
- 2. As you breathe out slowly, feel yourself beginning to relax; feel the tension leaving your body.**
- 3. Now breathe in and out slowly and regularly, at whatever rate is comfortable for you. You may wish to try abdominal breathing.**
- 4. To help you focus on your breathing and breathe slowly and rhythmically: (a) breathe in as you say silently to yourself, “in, two, three”; (b) breathe out as you say silently to yourself, “out, two, three.” or each time you breathe out, say silently to yourself a word such as “peace” or “relax.”**
- 5. Do steps 1 through 4 only once or repeat steps 3 and 4 for up to 20 minutes.**
- 6. End with a slow deep breath. As you breathe out say to yourself, “I feel alert and relaxed.”**

Source: Adapted from McCaffery M, Beebe A. *Pain: Clinical Manual for Nursing Practice*. St. Louis: RV Mosby Co, 1989.