

NAMI Homefront Mental Health Resources

for Military Service Members, Veterans and Their Families

Breathing with Words

- Choose a word that is relaxing for you
- Take a deep breath, close your eyes if you want...and release it
- Now inhale slowly to a count of 4, saying your word silently
- Hold your breath for 4 counts, again silently saying your word
- Slowly exhale for 4 seconds, saying your word
- Now another series, inhale (wait 4 seconds), hold your breath (wait 4 seconds) and exhale (wait 4 seconds)
- Continue breathing this way as long as you'd like