

Bubble breathing



What is bubble breathing?

Bubble breathing is simply using blowing bubbles or virtual bubbles to help to introduce people to calming breathing.



How do I give it a try?

Imagine you have a wand to blow bubbles and

- take a deep breath in through your nose
- slowly breathe out through your mouth as if you are blowing a bubble through a wand
- repeat as many times as necessary

Why is bubble breathing helpful?

By focussing on trying to blow big bubbles, people are encouraged to focus on their out breath and breathe in a slow, calm way. This can help them to understand how it feels to 'do' calming breathing.

Learning calming breathing is well established as a way to reduce stress, anxiety and panic.

When we feel anxious or overwhelmed, we can breathe in a shallow, quick way from our chest and can make those feelings stronger. Being able to slow our breathing down consciously and take longer breaths can help us to calm down and reduce overwhelming feelings so we can take more considered action.