

## Occupational Therapy Department

# Rheumatology - Breath Watch

This is a breathing exercise in which you simply watch your breath in different ways and help yourself to relax. It takes about 5 to 10 minutes and can be done in any position.

- Get to know the pattern of your breathing.
- Focus on two or three parts of your body, e.g. throat, then ribs, and observe the effect of your breath on these parts.
- Visualise the stream of air as it enters and leaves your body.
- Choose a negative word and as you breathe out say an affirmation, e.g. "I am breathing out pain."
- Choose a positive word and on an in breath say an affirmation, e.g. "I am breathing in calmness."
- Acknowledge any thoughts and sounds but just let them go or just observe them with curiosity and without judgment.
- The key point is to observe and get to know the pattern of your breathing and to acknowledge thoughts without judgement.

**For further information, please contact the Occupational Therapy team on 024 7696 6016.**



## Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6016 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

Department:	Occupational Therapy
Contact:	26016
Updated:	May 2022
Review:	May 2024
Version:	6.1
Reference:	HIC/LFT/938/09