A PAUSE, A PRACTICE, A NEXT STEP

Deep Breathing

A gentle breath, without forcing.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Find support

Sit or stand in a stable position. Let a chair support your back if helpful, and loosen any clothing that feels restrictive.

01 / Notice and reflect

What is a comfortable position for me?

02 / Notice and reflect

Does counting help, or add pressure?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek urgent medical care for new or severe chest pain, fainting, or severe trouble breathing. Ask your clinician about recurring symptoms or exercises that consistently increase distress.

Read more: VA Whole Health · Breathing and health

More tools and immediate support: Our Healing Room / Crisis Support.