



## **Cumbria Advisory Thyroid Service**

### **INFORMATION SHEET**



#### **BREATHING – PROPERLY**

CLOSE YOUR EYES AND FOCUS YOUR ATTENTION ON YOUR BREATHING. LISTEN TO THE SOUND OF YOUR BREATHING. TAKE ONE DEEP BREATH AND DRAW IT RIGHT DOWN INTO YOUR ABDOMEN, THEN LET IT GO. FEEL THE TENSION ESCAPING AS YOU BREATHE OUT. TRY TO GET THE LOWER PART OF YOUR CHEST TO DO THE WORK OF BREATHING, NOT YOUR THROAT AND UPPER CHEST. TO ENSURE THAT YOU ARE BREATHING DEEPLY ENOUGH, PLACE YOUR HANDS FLAT ON YOUR ABDOMEN, AT THE BOTTOM OF YOUR RIB CAGE. YOU SHOULD FEEL MOVEMENT AS YOU BREATHE IN AND OUT. CONTINUE BREATHING GENTLY – DON'T FORCE IT – YOU DON'T HAVE TO MAKE YOURSELF BREATHE! KEEP YOUR SHOULDERS DOWN AND RELAXED. YOU CAN DO THIS SIMPLE BREATHING ROUTINE ANYWHERE, AT ANYTIME TO HELP YOU RELAX.

#### **SUMMARY:**

- 1. Stress causes muscular tension, which gives rise to a range of unpleasant physical sensations.*
- 2. These unpleasant feelings can be controlled by learning and practicing a series of relaxation exercises, but this takes time.*
- 3. Eventually one can respond to physical tension by using relaxation to offset the physical discomfort.*
- 4. Physical relaxation has the benefit of promoting mental tranquillity.*

#### **C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE**

#### **Disclaimer**

*The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice.*