



Roll Breathing Facilitation Script

- Find a comfortable position (sitting, standing or laying down) to begin rolling breathing.
- Take all breaths in through your nose and out through your mouth.
- Breathe slowly to avoid feeling dizzy.
- Now, put your left hand on your belly and your right hand on your chest. Notice how your hands move as you breathe in and out.
- Breath in and out, filling your lower lungs by breathing so that your "belly" goes up when you inhale. Your "chest" will remain still. Repeat this breathing in and out five times.
PAUSE SPEAKING WHILE PARTICIPANTS BREATHE IN AND OUT FIVE TIMES.
- Now, add the second step to your breathing. Inhale first into your lower lungs. continue to inhale into your upper chest. Breathe slowly and regularly. You can feel your right-hand rise, and your left-hand fall slightly as your belly falls.
- Exhale slowly through your mouth, make a quiet, whooshing sound as first your left hand and then your right-hand falls. Feel the tension leaving your body as you become more and more relaxed.
- Breathe in and out in this way for 3 minutes. I will tell you when the three minutes has ended. During this time, notice that the movement of your belly and chest rises and falls like the motion of rolling waves.
- PAUSE SPEAKING DURING THIS THREE MINUTES
- Slowly return to normal breathing, but before you leave your relaxed position, notice how you felt during and at the end of this exercise.