**Breathing for relaxation** (NHS Guidelines for fear of needles)

Note: Don’t use this technique if you faint in response to needles or blood. Applied tension is the appropriate treatment for fainting.

Sit in a comfortable position, with your back upright but not stiff.

Let your shoulders and jaw relax.

Put one hand low down on your belly.

Take a long, slow, deep, gentle breath in through your nose and out through your mouth.

Try to breathe right down into your belly, but don’t force it.

Just let your body breathe as deeply as is comfortable for you.

Do this for five breaths.

If possible, practise this exercise three times every day for a week, before moving on facing your fear.