

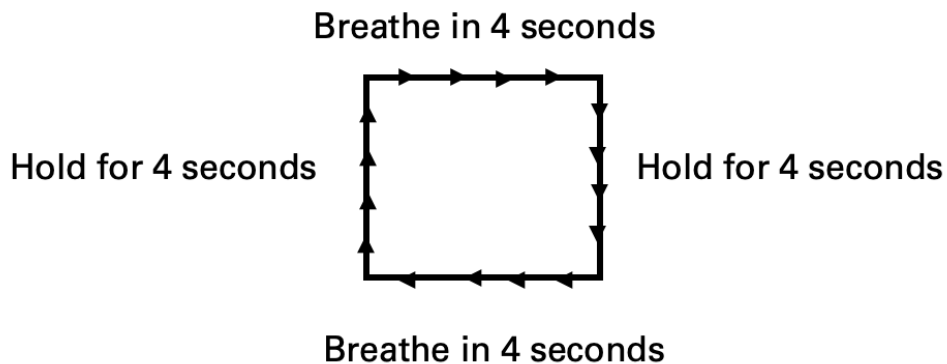
Breathing Exercises

Breathing exercises can be helpful in managing anxiety and coping with negative feelings. When we are anxious it is difficult to think our way out of our anxious state, thus focusing on various aspects in our bodies can help to calm the body and in turn calm the mind and lower anxiety.

Have you ever noticed that when you are anxious, your breaths can become shorter and shallower?

Box Breathing

- Sit in a comfortable position or lie on your back. Place your hand on your stomach.
- Breathe normally for about a minute
- Notice your breaths. Are you breathing into your chest? If you notice your stomach rising then you are deep breathing.
- Breathe in through your nose for a 4 count, feeling as your lungs enter your lungs
- Hold your breath for a 4 count.
- Breathe out through your mouth for a count
- Hold for a count of 4
- Repeat this pattern of breathing until you feel more relaxed and in control



Paced Breathing

- Breathe deeply into your belly. Focus on your breaths and the rise and fall of your belly
- Slow your breathing down and pace your inhalation and exhalations
- Breathe out more slowly than you breathe in. For example, breathe in 5 seconds and breathe out 7 seconds
- With this paced breathing you should slow your breaths down to approximately 5 to 6 breaths per minute. The average adult normal breathes about 12 to 16 breaths per minute