



BREATHING EXERCISES

DEEP BREATHING

↪ *Nip anxiety in the bud*

Deep breathing involves breathing in deeply and slowly through your nose, allowing your lungs to fill completely and your abdomen to rise, and then exhaling slowly and completely:

- Sit comfortably with your back straight. Place one hand on your chest and the other on your stomach.
- Breathe in slowly through your nose, feeling your stomach rise. Your chest should move only a little.
- Exhale slowly through your mouth or nose, whichever feels more comfortable.
- Repeat this deep breathing for several minutes.

4-7-8 BREATHING

↪ *Focus and concentration*

This technique involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds. This pattern helps reduce anxiety by focusing the mind on breathing:

- Sit or lie in a comfortable position.
- Inhale quietly through your nose for 4 seconds.
- Hold your breath for a count of 7 seconds.
- Exhale completely through your mouth, making a whoosh sound, for 8 seconds.
- Repeat the cycle three more times for a total of four breaths.

MINDFUL BREATHING

↪ *Mindfulness and stress relief*

This is a form of meditation that focuses on breathing and helps you stay in the present moment.

- Find a quiet place and sit in a comfortable position.
- Close your eyes and take a few deep breaths.
- Now, breathe naturally and pay attention to your breath without trying to change it.
- Notice the sensation of air moving in and out of your body.
- If your mind wanders, gently bring your focus back to your breath.