

BREATHING EXERCISES

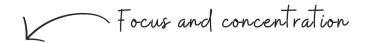
DEEP BREATHING

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:

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

4-7-8 BREATHING



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:

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

MINDFUL BREATHING



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

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