



# 3 Simple Beathing Techniques To Reduce Stress and Anxiety

**Beginner Tips:** Ideally, sit with your back straight.

Place the tip of your tongue just behind your upper front teeth, and keep it there through the entire exercise.

Inhale through your nose and exhale through your mouth around your tongue.

## **4:7:8 Breath**

The absolute time you spend on each phase is not important; the ratio of 4:7:8 is important.

If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4:7:8 for the three phases; Inhale, Hold, and Exhale.

With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

This exercise is a natural tranquilizer for the nervous system, thus helps to eliminate anxiety and stress.

Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it but gains in power with repeated use and practice.

Use this new skill whenever anything upsetting happens - before you react.

Use it whenever you are aware of internal tension.

Use it to help you fall asleep.

If you feel a little lightheaded when you first breathe this way, do not be concerned – sit down, and drink a glass of water, it will pass.

## **STEPS:**

1. Exhale completely through your mouth, making a whoosh sound.
  2. Close your mouth and inhale quietly through your nose down to your diaphragm, to a mental count of 4.
  3. Hold your breath for a count of 7.
  4. Exhale completely through your mouth, making a whoosh sound to a count of 8.
- Repeat 4 more times. Don't forget to smile 😊

## **Diaphragmatic Breathing**

Paying attention to your breathing is one of the easiest ways to relieve anxiety and tension.

Here is a simple way to improve your breathing within the next few minutes.

Put one hand on your stomach and the other one on your chest, and see which one rises when you breathe in...

If it is your chest that is rising, it means you are breathing too shallowly (most of us do).

This type of breathing often contributes to an increase in anxiety and tension.

“Deep breathing” we often hear about, contrary to popular belief, doesn’t actually mean taking in vast quantities of air. It refers to breathing deeply into your diaphragm, a dome-shaped muscle that expands making your stomach rise when you breathe into it.

Imagine that you have a bowl in your stomach that you are trying to fill in with air – see that stream of clean fresh air going down all the way into your stomach to fill the “bowl”.

Practice breathing deeper until you can get your stomach to rise consistently on the in breath.

## **Trunk Rotations**

- Sit in a relaxed position.
- Cross your arms in front of you, keeping your shoulders relaxed.
- Breathe in through your nose.
- Breathe out through your pursed lips and turn your body to one side.
- Breathe in.
- Breathe out and return to center.
- Repeat to the other side.
- Repeat 3 to 5 times in each direction.

