

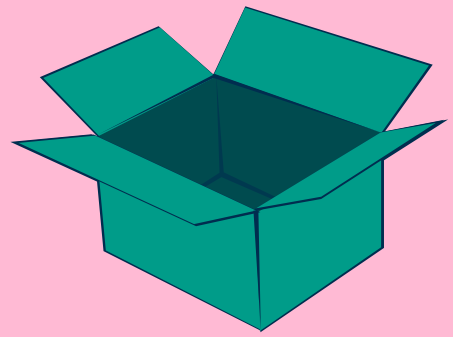
5 BREATHING EXERCISES TO REDUCE YOUR ANXIETY



BOX BREATHING

- Exhale for four seconds
- Keep your lungs empty for four seconds
- Inhale for four seconds
- Hold the air in your lungs for four seconds
- Exhale and start over

Repeat this entire cycle for four minutes.



4-7-8 BREATHING

- Exhale slowly through your mouth, making a whooshing noise
- Inhale through your nose for four seconds
- Hold your breath for seven seconds
- Exhale with a whooshing noise for eight seconds

Repeat this entire cycle for five minutes.



DIAPHRAGMATIC BREATHING

- Sit or lie down in a comfortable position
- Put one hand on your chest and the other below your rib cage
- Inhale through your nose and feel your stomach push into your hand while your chest stays still
- Exhale slowly whilst engaging your abs

Repeat this for five to ten minutes.



LION'S BREATH

- Sit down and spread your fingers on the floor
- Inhale through your nose
- Open your mouth, stick out your tongue and stretch it down to your chin
- Exhale and make a 'ha' sound from your abdomen
- Breathe normally for a few seconds

Repeat this entire cycle up to five times.



PURSED LIP BREATHING

- Sit in a comfortable position
- Close your mouth and inhale through your nose for two seconds
- Exhale through your mouth for four seconds whilst puckering your lips
- Keep your breathing slow and even

Repeat this entire cycle for four minutes.

