BREATHING TECHNIQUES FOR ANXIETY

Purpose:

1. To change the flow of blood and oxygen
2. Focus the mind on something else

Instruction for person suffering anxiety attack:

- Inhale through nose
- Exhale through mouth

1. Begin with 3 Focus Breaths – slightly deeper than normal, but not Deep breaths
2. *Slowly* inhale through nose for a count of 5 *(like this)*
3. **Hold for count of 12**
4. *Release slowly* through mouth to a count of 8
5. *Slowly inhale* again through nose for count of 8
6. **Hold breath for count of 16**
7. *Release through mouth* for count of 12

**That completes 1 set.**

Repeat FOUR times

5-12-8
8-16-12

Then do 4 NORMAL breaths....... followed by 4 GROUNDING breaths – good healthy breaths – not deep but deeper than normal.

Should find some relief – feel calmer and less anxious – more in control. May feel a different state – lightheaded, buzzy.