

Breathing exercises to help with anxiety

How you feel and think affects how you breathe. But you can change your mood by changing your breathing.



Use these breathing exercises when you are scared or stressed. When you do breathing exercises, focus on breathing from your belly deeply and slowly. You can do these everyday to help you relax.

Exercise 1: Rebreathing

Rebreathing helps get your breathing back to normal if you start to hyperventilate. Hyperventilating is when you breathe so fast that you start to feel numb and dizzy. This can happen to people who have panic attacks.

How to do it: Cup your hands over your mouth and breathe into them. You can also breathe into a paper bag. You will start to feel better after a few minutes.

Exercise 2: Deep Breathing

You can use **deep breathing** to help with anxiety disorder. You can do deep breathing anytime, anywhere. Deep breathing isn't so much about controlling your breathing. It's about watching it.

How to do it:

- Breathe in from your nose and out from your mouth.
- Do this at least 10 times. Each time, try to take a longer breath.
- Your breath will get deeper and slower.

Exercise 3: Advanced Deep Breathing

Advanced deep breathing helps slow down your body and calms you down.

How to do it:

- Sit in a quiet and comfortable place where you can be alone for 15 to 30 minutes.
- Sit with your back straight and your hands in your lap or on your thighs. Relax your jaw.
- Close your lips. Press the tip of your tongue gently against the top of your mouth.
- Pay attention to your heartbeat and breath.
- Repeat these 3 steps at least 10 times.
 - ◊ Breathe in for 5 heartbeats.
 - ◊ Hold your breath for 7 heartbeats.
 - ◊ Breathe out for 9 heartbeats.

Ask your CHN therapist to learn more.