

BREATHING PRACTICE TO CALM ANXIETY



HOW LONG WILL IT TAKE:

5 MINUTES

HOW OFTEN WILL I DO IT:

DAILY

INSTRUCTIONS: Record these steps using a voice note in your mobile phone. Then set a timer for 5 minutes and follow your own instructions. Then afterwards, note down how you felt before and after the practice, along with any thoughts or realisations you had.

- Imagine being on a boat, feeling calm and safe
- Attached to the boat is an anchor. It keeps you there, where you want to be, happy and relaxed
- Our bodies, like the boat, also have anchors, and they can help us focus. Our belly, nose, mouth, chest and lungs can help us feel grounded.
- Place one hand on your belly and the other on your chest.
- Breathe in deeply and slowly to the count of 1, 2, 3, 4. Breathe out slowly to the count of 1, 2, 3, 4.
- Feel your ribs rise and fall. Feel your belly expand and contract.
- Breathe in deeply and slowly, 1, 2, 3, 4. Breathe out slowly, 1, 2, 3, 4.
- If your mind wanders, gently bring it back to the anchor point.
- Breathe in deeply, 1, 2, 3, 4. Breathe out, 1, 2, 3, 4
- Feel your ribs rise and fall. Feel your belly expand and contract.
- Breathe in deeply, 1, 2, 3, 4. Breathe out, 1, 2, 3, 4
- Continue with this anchor breathing for a few more times, and then, when you feel ready, slowly open your eyes.

