

# Breathing Strategies for Anxiety



## **Box Breathing:**

Inhale for a count of 4,  
hold for 4,  
exhale for 4,  
and pause for 4.  
Repeat this pattern.

## **Paced Breathing:**

Breathe at a steady, controlled pace, such as 6-8 breaths per minute. Use a metronome or a breathing app for guidance.

## **Belly Breathing:**

Place one hand on your chest and the other on your abdomen. Inhale deeply through your nose, allowing your abdomen to rise. Exhale slowly through your mouth, letting your abdomen fall.

## **Alternate Nostril Breathing:**

Close one nostril with your thumb and inhale through the other nostril. Then, close that nostril with your pinky finger and exhale through the opposite nostril. Repeat, alternating nostrils.

## **Mindful Breathing:**

Pay close attention to your breath without trying to change it. Focus on the sensation of each breath, the rise and fall of your chest or abdomen, and the feeling of the air passing through your nostrils.

## **5-2-5 Breathing:**

Inhale for 5 seconds, hold for 2 seconds, and exhale for 5 seconds. This can help regulate your breath and reduce anxiety.

**Visualized Breathing:**

Close your eyes and imagine inhaling calmness and exhaling tension or anxiety. Visualization can enhance relaxation.

**4-7-8 technique:**

Inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds. This can calm your nervous system. Deep, diaphragmatic breathing can also be effective. Breathe in slowly through your nose, letting your abdomen rise, and exhale through your mouth. Repeat until you feel more relaxed. Remember, consistency is key in managing anxiety with these techniques.

***Experiment with these techniques to find the one that works best for you. Consistent practice can help reduce anxiety and promote relaxation.***