

# Finding Calm:

## Breathwork Activities for Reducing Anxiety

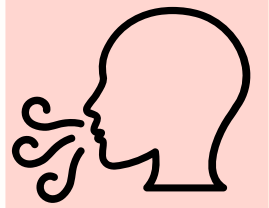


### Deep Breathing

1. Inhale deeply for 5 seconds.
2. Hold your breath for 5 seconds.
3. Exhale slowly for 5 seconds.
4. Repeat up to 10 times in a row.

1. Inhale for 4 seconds.
2. Hold your breath for 4 seconds.
3. Exhale for 4 seconds.
4. Wait 4 seconds before repeating.

### Box Breathing



### The 4-7-8 Technique

1. Breathe in for 4 seconds.
2. Hold your breath for 7 seconds.
3. Exhale for 8 seconds.
4. Repeat as many times as necessary.

Whichever strategy you try, follow these tips to get the best results:

1. Lie or sit down comfortably and close your eyes.
2. Breathe in through your nose and out through your mouth.
3. Pay attention to how your body feels as you inhale and exhale, focusing on the rise and fall of your chest and the sound of your breathing.

