

When we are anxious, scared or panicky our breathing changes. Instead of taking natural deep breaths we start taking small, shallow breaths which upset the natural flow of air in and out of our body and can make our anxiety or panic feel even worse. By deliberately breathing slowly and gently we remind our body how much better we feel when we are calm and relaxed....

Pause for a moment
(and smile!)

Breath out slowly
through the mouth
for about 4 seconds.
Blow through pursed
lips to help slow the
breath down.

Breath in slowly
through the nose
for 4 or 5 seconds

Hold your breath
for 1 or 2 seconds

FOLLOW THE ARROWS

