

Deep Breathing How-To

When we are anxious, our body's natural response is for our breathing to become quick and shallow, our heart rate to increase and we become tense. This is known as the **stress response**. Effective deep breathing is a way for our bodies to reverse this response so that we can calm down quickly. Knowing how to properly deep breathe can stop a panic attack before it gets worse.

How to do it...

Step 1: Inhale

BREATHE SLOWLY THROUGH YOUR NOSE FOR A 4 SECOND COUNT. IMAGINE THAT YOU ARE FILLING YOUR STOMACH WITH AIR, LIKE A BALLOON.

Step 2: Hold the breath

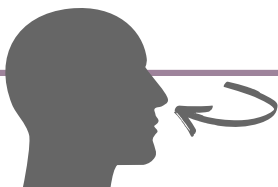
HOLD THE BREATH FOR 4 SECONDS

Step 3: Exhale

SLOWLY BREATHE OUT OF YOUR MOUTH FOR 6 SECONDS.

Step 4: Repeat

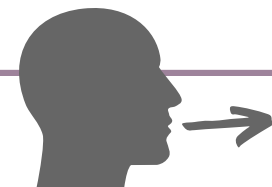
REPEAT THE PROCESS FOR AT LEAST 2 MINUTES, BUT 5-10 MINUTES WOULD BE IDEAL.



4 seconds in



4 second hold



6 seconds out