

BREATHING

TECHNIQUES FOR ANXIETY AND STRESS

Pursed Lip Breathing

- Relax your neck and shoulders
- Keeping your mouth closed, inhale slowly through your nose for 2 seconds
- Position your lips as if you are going to whistle
- Breathe out for four seconds

This technique helps to deliberately slow down your breathing pace.

Equal Breathing

- Breathe in and out through your nose.
- Count during each inhale and exhale to make sure they are even in duration.
- You can add a slight pause after each inhale and exhale if you feel comfortable. (Normal breathing involves a natural pause.)

Making your breath smooth and steady can help bring about balance and equanimity.

Resonant Breathing

- Inhale for 5 seconds.
- Exhale for 5 seconds.
- Continue this breathing pattern for at least a few minutes.

This technique has been proved to reduce symptoms of depression when combined with Iyengar yoga.

Diaphragmatic Breathing

- Lie on your back with your knees slightly bent and your head on a pillow.
- Place one hand on your chest and one hand below your rib cage, this allows you to feel your diaphragm
- Inhale through your nose for three seconds
- Exhale for five seconds using pursed lips

This technique is particularly helpful for individuals who experience breathing problems due to other health conditions.