DEEP BREATHING EXERCISES TO HELP CALM YOUR ANXIETY

**STEP 1. Find TIME to set aside in your day to focus on your**

**body & breath.**

**STEP 2. Find the perfect PLACE for you to get away from distractions. Put down the phone, turn off the TV & focus on the present moment.**

**STEP 3. Set a TIMER for 5, 10 or maybe 20 minutes.**

**STEP 4. Find a comfortable POSITION to sit or lay down. In a seated position being mindful in the body by routing yourself down into the earth and sitting up straight lengthening the spine on each inhale.**

**STEP 5. INHALE slowly through your nose. Notice how your breath travels through your body expanding the lungs so much that your belly expands.**

**STEP 6. Take a second or two to PAUSE before exhaling.**

**STEP 7. EXHALE slowly allowing your thoughts, worries and**

**stress to slip away. Allowing yourself to release everything and**

**anything that no longer serves you a purpose. Clearing your mind fully preparing your mind and body for your next inhalation.**

Controlling your breathing helps lower your heart rate, blood pressure, stress and anxiety levels.