

HOW TO

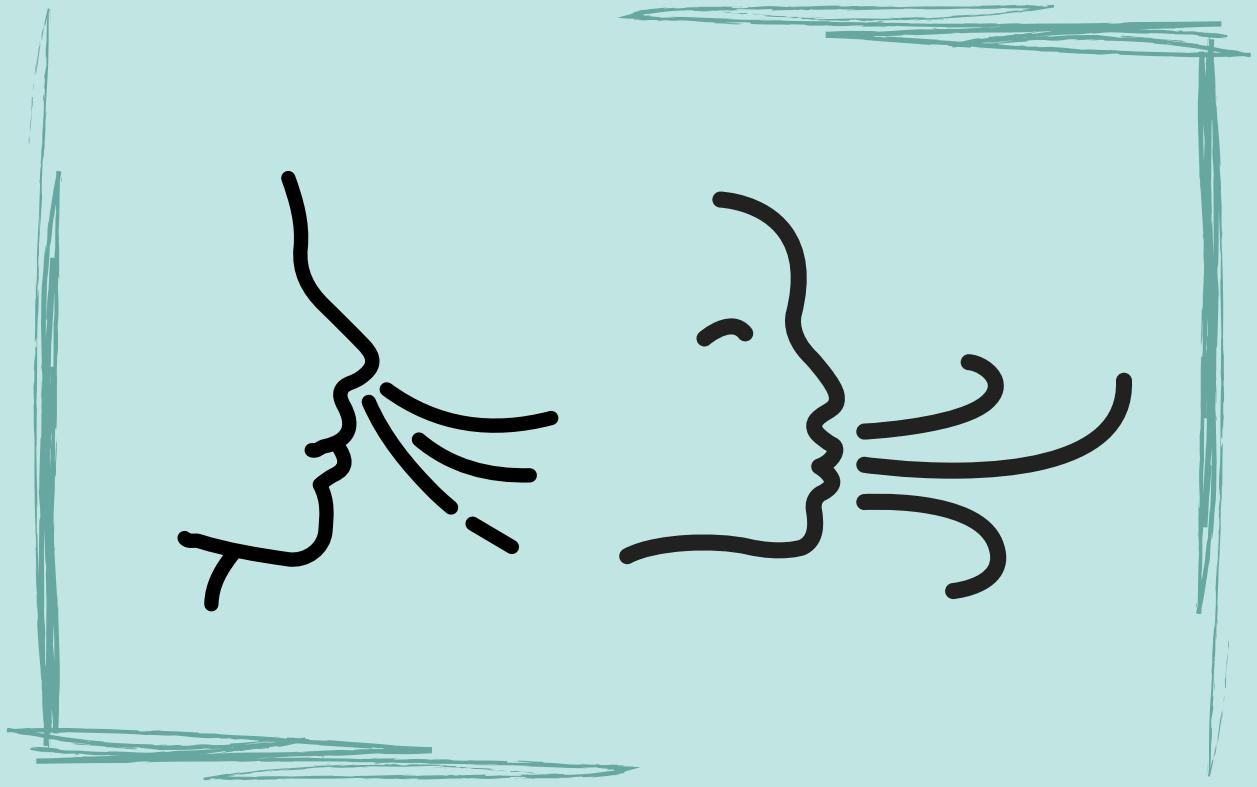


RELAX YOUR ANXIETY WITH BREATHING

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RELAX YOUR ANXIETY WITH BREATHING

1

Breathe in through your nose, notice the temperature, notice the speed, and feel the breath as it flows in. Take your time.

2

Hold the breath as deep and long as you can.

3

Breathe out via your mouth, pursed lips, slowly. Notice the sound the breath makes, notice the temperature, and feel the breath as it flows out over your lips. Repeat 10 times.

Why do we breathe this way?

✓ When we are anxious, our nervous system is activated into flight, fight or freeze

✓ An activated nervous system blocks the logic centre of our brain; the emotional center is now in control.

✓ Breathing deeply allows the brain to reactivate the logic centre as the nervous system is allowed to relax - it realises there is no danger.

✓ The more we practise breathing when we are anxious, the less anxiety or overwhelming moments we will experience; allowing different feelings and emotions.



There are many reasons why anxiety takes hold, especially around relationships.

Reach out today.



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