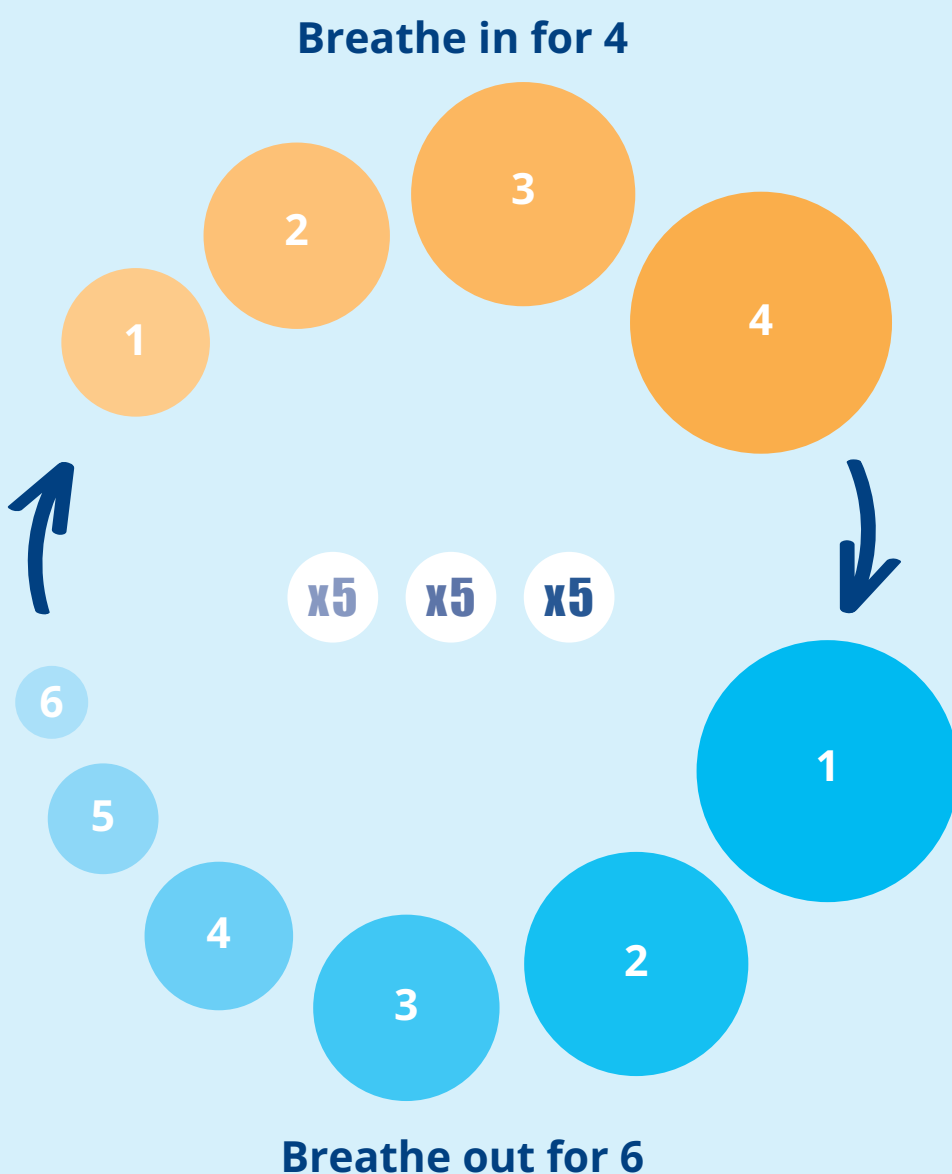




Breathing out anxiety

- 4:6 breathing technique
- Calming breath, do anywhere, anytime



How to

- 1 Breathe in deeply for 4 counts
- 2 Breathe out longer for 6 counts
- 3 Try 3 rounds of 5 breaths
- 4 Rest between rounds, stop if you feel dizzy or unwell

Cautions

- Do not hold your breath
- If it does not feel helpful, stop
- Build up gradually
- Start with 3 in-breaths, and count 4 out-breaths

Tips

- Trace your finger along the picture to help
- Breathe through your nose (if you can)
- Create a positive habit by practising every day
- Use as a tool when you need it

For help with your meditation and yoga, write to:

The PPT, P.O. Box 328, Oxford OX2 7HF

www.theppt.org.uk