Practice Your Abdominal Breathing: “Belly Breathing”

Breathing slowly from your belly can help reduce your bodily symptoms of panic and slow down that “runaway” reaction.

**Belly Breathing Technique:**

Put your hand on your belly and deeply breathe in for the count of four. You know you are breathing deeply if your hand rises while breathing in.

**Breathe In... 1, 2, 3, 4...**

Hold the breath for the count of six or seven and exhale slowly.

**Hold... 1, 2, 3, 4, 5, 6...**

**Slowly Exhale...**

What happens is that we breathe a lot from the chest in very shallow breaths. We need to force that oxygen to deep, deep inside. By doing this breathing exercise it forces the oxygen to go into our body and it really helps to slow down our breathing and relaxes the body. It improves our circulation and it allows the body to know that it is not under attack. Just practicing your deep breathing is a huge, huge thing you can do every day to better manage anxiety and panic.

**Breathe...**