

## *how to* - 2 Breathing Techniques to Reduce Anxiety

Mindful breathing just a few times a day has been shown to reduce your anxiety and help you avoid an acidic body, which is a known root cause of chronic health problems.

Use this hand out to create a framework for your mindful breathing practice and use it for a reminder of the 2 breathing techniques you can use to reduce anxiety and improve your health.

# First, design your habit-building actions

*here are some ideas* 

|                       |                                           |                                        |
|-----------------------|-------------------------------------------|----------------------------------------|
| After a shower        | Waiting for the kettle to boil            | After school drop off                  |
| Before having a snack | Getting in the car                        | When you go to bed                     |
| Going to the toilet   | Checking on the kids before you go to bed | During your first cuppa in the morning |

The best way to integrate breathing into your day is to attach it to something you do regularly.

Choose 3 - 5 habit building actions from the grid - or come up with others that might work for you:

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

# Breathing Technique # 1

relaxation + anxiety

## Dr Weil's 4-7-8 Method

inhale quietly through your nose for the count of 4,  
hold your breath to the count of 7,  
then exhale audibly through the mouth for the count of 8.

*Remember to place the tip of your tongue on the ridge  
of flesh behind your top teeth and keep it there  
throughout the entire exercise*



## Breathing Technique # 2

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*calm + anxiety*

*Variation on Zen breath counting*

Breathe as normal, focus on your breath.

Breathe in, breathe out and count 'one' as you do.

The next time you exhale, count 'two'.

Continue this until you have done 10 breath cycles in total.

Repeat the sequence.

*It's ok if you go past 10, just bring your  
focus back to your breath and start back at 'one' again.*





...just breathe

YOU'VE GOT THIS...

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