

How To Relieve Anxiety

The profound changes caused by the COVID-19 pandemic are causing us a huge amount of anxiety. Below are some simple breathing exercises to relieve stress and anxiety:

The great thing is we don't need to spend hours at a time doing breathing exercises, it really only takes a few minutes!

You just need to give yourself some time - you deserve a few minutes to pay attention to your breathing. You could begin with just 2 minutes a day and increase your time as the exercise becomes easier and more comfortable, or start with up to 5 minutes if that feels better. The key is to practice and build it up to multiple times a day.

To begin with it would be best to schedule set times to practice conscious breathing. When you have a glass of water or cup of tea throughout the day is a good time. Eventually you will be able to do it without planning.

Focus Exercise

Focus on something in your room that has four sides e.g. a window, picture, door etc.

Concentrate on the right vertical side and breathe in through your nose to the count of 4.

Follow to the bottom side of the object and breathe out through your mouth to the count of 6. Continue around the object for your selected number of minutes.

This exercise can be done anywhere and no one needs know!



Deep Breathing

- While standing or sitting, draw your elbows back slightly to allow your chest to expand

- Take a deep inhalation through your nose

- Retain your breath for a count of 5

- Slowly release your breath by exhaling through your nose.

This helps to relieve shortness of breath by preventing air from getting trapped in your lungs and helping you to breathe in more fresh air. It may help you to feel more relaxed and centered.

Pursed Lip Breathing

This simple breathing technique makes you slow down your pace of breathing, by having you apply deliberate effort with each breath.

Relax your neck and shoulders. Keeping your mouth closed, inhale slowly through your nose for 2 counts. Pucker or purse your lips as though you were going to whistle and exhale slowly by blowing air through your pursed lips for a count of 4.