

# Exercise in Relieving Symptoms of Anxiety

## Class Summary

- Remember to regularly check in with yourself, to think about how your body is feeling, so that you can identify when you're carrying stress. Observe sensations in your body, such as tightness in the chest

### To Calm Anxiety:

- Close your mouth and breathe through your nose, then bring attention to where in your body you feel the stress
- Acknowledge the feeling for a few moments, then switch your attention to your belly
- Breathing from the belly, take a long, in-breath over about 4 seconds
- Pause at the top of your breath for 1 second (your vagus nerve will activate)
- Then very slowly exhale through your nose, over about 5 or 6 seconds
- Repeat this process of breathing in and out through the nose, 4 seconds in, 1 second pause, then 5/6 seconds out
- If you're still feeling stressed, place a finger on your right nostril and breathe in the same way through your left
- This engages the parasympathetic nervous system, calms your fear radar and re-engages your rational brain