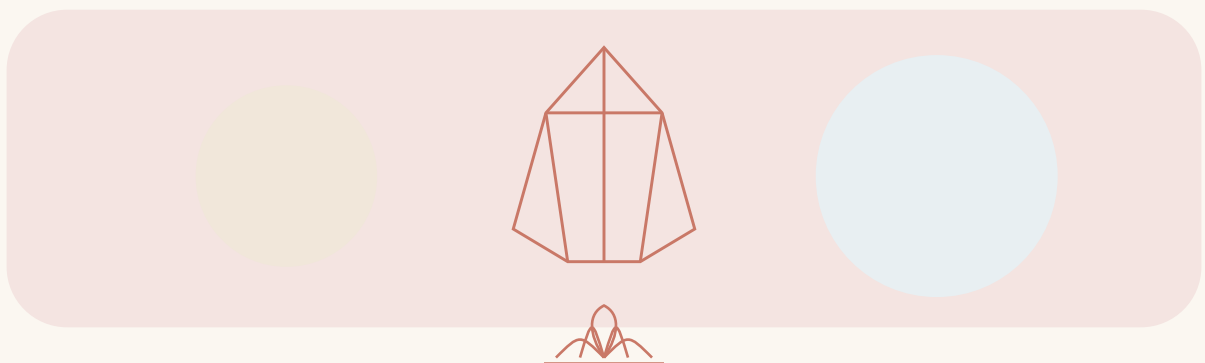


THE ZEN MOVEMENT™

free educational guide

5 Breathing Techniques for Anxiety

Simple, effective breathing exercises for moments of stress.



Wellness education for everyday life

5 Breathing Techniques for Anxiety

Simple breathing practices you can use almost anywhere when stress is running high. The goal is not to force calm, but to give your body a steady rhythm and something simple to focus on.

Before you begin

Breathing exercises should feel comfortable. Never force a deep breath or hold your breath if that feels unpleasant. If you become dizzy, light-headed, short of breath, or uncomfortable, return to your normal breathing and stop the exercise.

A simple starting point

When we are stressed, breathing can become fast, shallow, or irregular. Slowing the pace - especially allowing a comfortable, unforced exhale - can offer a gentle point of focus. Try one technique for 30 seconds to 2 minutes and notice how your body responds.

1. The Longer Exhale

Try: Inhale gently for 4 counts. Exhale for 6 counts. Repeat for 5-10 rounds.

Use it when: You feel keyed up, rushed, or mentally scattered.

Remember: The numbers are only a guide. Make the breath smaller or shorter if needed.

2. Box Breathing

Try: Inhale for 4. Pause for 4. Exhale for 4. Pause for 4. Repeat for 3-5 rounds.

Use it when: You want a structured rhythm to focus on.

Modify: Skip the pauses if breath-holding feels uncomfortable.

3. Double Inhale + Long Exhale

Try: Take one comfortable inhale through the nose, add a small second sip of air, then release a long, easy exhale through the mouth. Repeat 1-3 times, then return to normal breathing.

Use it when: You need a brief reset during a stressful moment.

Keep it gentle: This should not be a huge breath or a forceful exhale.

4. Coherent Breathing

Try: Inhale for about 5 seconds. Exhale for about 5 seconds. Continue for 1-3 minutes.

Use it when: You want an even, meditative rhythm.

Option: Imagine the breath moving like a slow wave rather than counting.

5. Humming Exhale

Try: Breathe in comfortably through the nose. As you exhale, make a soft humming sound. Repeat for 5-8 breaths.

Use it when: Sound and vibration feel grounding or help you stay present.

Notice: Feel the vibration in your lips, face, throat, or chest without trying to make anything happen.

Choose the breath that fits the moment

There is no single 'best' breathing technique. Some people prefer counting. Others prefer sound, movement, or simply noticing the breath without changing it. The most useful practice is the one that feels steady, comfortable, and realistic for you.

A 60-second reset

- Feel your feet or the support beneath you.
- Look around and notice three neutral things in the room.
- Choose one breathing technique for three to five rounds.
- Let your breath return to normal.
- Ask: What do I need next - movement, water, quiet, connection, or rest?

Breathe. Notice. Choose what supports you.

Educational note: This guide is for general wellness education and is not a substitute for medical or mental health care. If anxiety, panic, breathing difficulty, or other symptoms are severe, new, or persistent, seek appropriate professional care.