

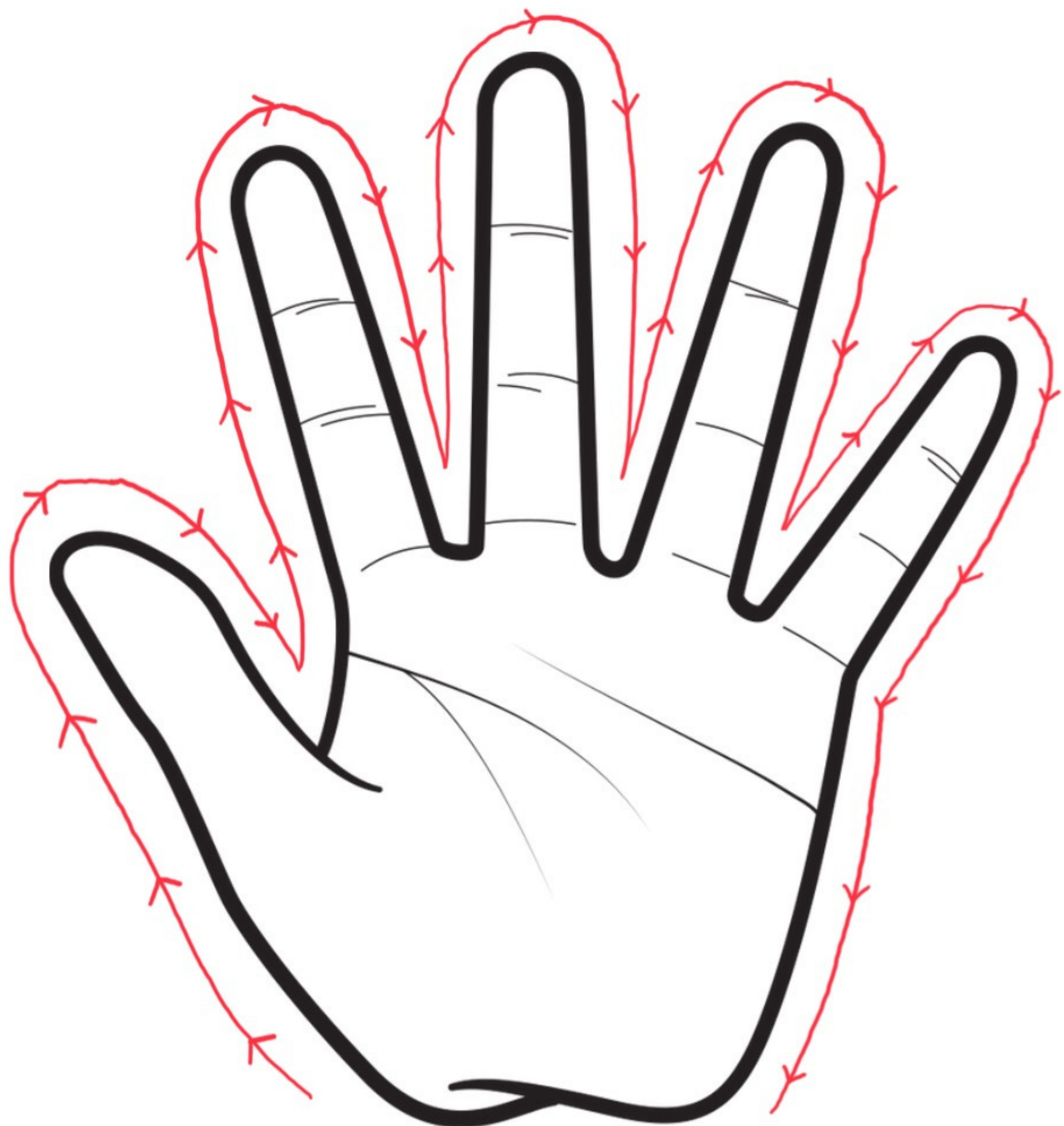


Breathing exercise

Often when we're anxious we breathe very fast but do not actually take in much air. This type of breathing can make us feel worse because it can lead to headaches or dizziness.

Try this breathing exercise if you find yourself breathing very fast and feel unable to take control of it.

Take a deep breath in, and then as you breathe out, trace around your hand, making the out breath last the whole time.



Start breathing
out here

Finish breathing
out here