

# Calming Technique



When people feel threatened or anxious they tend to over-breathe, which means they take in more oxygen than their body needs. This can result in physical sensations such as dizziness, confusion, breathlessness, increased heart rate, clammy hands, blurred vision and numbness and tingling in extremities. One of the most simple and effective ways to reduce these symptoms is to slow down your breathing.

Here's how to do it:

- 1. Find somewhere comfortable to sit or lie down.**
- 2. Breathe in (through your nose if possible) for 4 seconds.**
- 3. Hold your breath for 2 seconds.**
- 4. Breathe out (through your nose if possible) for 6 seconds.**
- 5. Pause before repeating again until all the symptoms of over-breathing or anxiety have gone.**

It's best to breathe down into your stomach, not just into your lungs. To check that you're doing this, place one hand on your stomach and the other on your chest. If you can feel your stomach rising, then you're breathing deeply enough.

If you practice this technique a couple of times each day, it will become easy to remember and use when you face particularly anxiety-provoking situations (e.g. when you're waiting in a doctor's surgery to receive test results).