

Abdominal Breathing

When we are worried or anxious we tend to breathe quickly taking short breaths high up in our chests. Abdominal breathing is a way of getting control over your breathing to help you to calm down. Practice this at home and then use it whenever you start to feel anxious or when you might go in to an attack.

Follow these instructions:

1. Use a comfortable, quiet room.
2. Count *one, two, three* as you breathe in and think *relax* as you breathe out
3. Focus your attention on breathing and counting.
4. Use a normal rate and depth of breathing
5. Keeping your chest relatively still, expand your abdomen (below your navel) as you breathe in and pull your abdomen in as you breathe out, trying to breathe all the air out of your lungs.
6. Count up to 10 breaths and then count backward down to 1.