

Breathing for Anxiety

(Recommended by Dr. Andrew Weil, M.D.)

Place tip of tongue against ridge of tissue behind your upper front teeth and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this feels or seems awkward.

- Exhale completely through your mouth, making a *whoosh* sound.
- Close your mouth and inhale quietly through your nose to a mental count of 4
- Hold your breath for a count of 7
- Exhale completely through your mouth, making a *whoosh* sound to a count of 8

This is one breath

- Inhale again and repeat the cycle above 3 more times

Note that you always inhale quietly and exhale audibly through the mouth. The tip of your tongue stays in position the entire time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4:7:8 is important.