

Breathing Exercises for Anxiety

- Double inhale breath or physiological sigh
- Guided meditation/visualization
- Progressive muscle relaxation (PMR)
- 4-2-6 breathing
- 4-6 method
- Three 3's breathing
- Lion's breath
- Washing the sternum/cleansing the heart space breathing
- Belly breathing
- Lengthened exhalation
- Shift breathing
- Anxiety-dissolving visualization
- Feather duster breathing
- Energizing breath/power breath

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