# Breathing to reduce Stress

mind
for better mental health
**Bath**

This calming breathing technique for stress, anxiety and panic, takes just a few minutes and can be done anywhere.

Make yourself comfortable. If you're sitting, place your arms on the chair arms; if you're standing or sitting, place both feet flat on the ground.

**1** Let your breath flow as deep down into your belly as is comfortable, without forcing it.

**2** Try breathing in through your nose, out through your mouth.

**3** Breathe gently and regularly – some people find it helpful to count from 1 to 5 as you breathe in.  You may not reach 5 at first.

**4** After breathing in, without pausing or holding your breath, let your breath flow out gently – counting from 1 to 5 as you exhale.

Practise this for about 3–5 minutes; make it part of your daily self-care routine, if you can.

You can perform this exercise as often as needed.  It can be done standing up, sitting down, or lying down.  If you find this exercise difficult or believe it is making you anxious or panicky, stop for now.  Try it again in a day or so and build up the time slowly and gradually.

You can find lots more resources, tips and activities on our website
www.bathmind.org.uk/advice-and-support/wellbeing-activities/

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