

RATIO BREATHING TO HELP MANAGE ANXIETY

 @BELIEVEPHQ



After a few breaths, place one hand on your abdomen and one on your chest. As you breathe in allow your abdomen to rise



As you breathe out from your mouth allow your abdomen to flatten



As you continue to breathe slowly begin to mentally count the duration of inhalation and exhalation. Let them be equal in length. 3 seconds of breaths in and 3 seconds of breaths out. Continue this for a minute



Start to breathe in slowly through your nose and out through your mouth. Focus on your breath as it passes through your nostrils and out through your mouth



Find a comfortable position sitting down where you can relax your mind and body. Make sure you are in a quiet environment

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On your next breath breathe in for 2 seconds and out 4. Continue this process for a few minutes until you feel relaxed and your anxiety has reduced



Keep practising this regularly and try to keep increasing the ratio up to a maximum of 4 seconds in and 8 seconds out

