

7/11 Breathing: Reduce Anxiety, Stress & Panic

Easily reduce anxiety, panic and stress by practicing this simple breathing technique as often as you can and whenever you feel anxious or stressed.

- Sit down and close your eyes
- Become aware of your breathing
- Breathe in to the count of 7 and breathe out to the count of 11
- Hold at the bottom of the out breath if comfortable

You will find that you naturally start to feel more relaxed and calm in situations where, in the past, you may have had old feelings of anxiety, stress or panic.

The more often you practice this (with or without closing your eyes) and other ways of relaxing, the greater the benefit you will experience.

Need advice or help or have a suggestion that could help others overcome stress and anxiety? E-mail Dan at dan@elymindcoaching.co.uk