MINDFUL BREATHING

Mindful breathing helps manage anxiety by developing a calm, non-judging awareness that allows you to notice thoughts and feelings without getting caught up in them. **Follow these steps:**

Find a quiet space
Choose a quiet place where you won't be disturbed. Sit comfortably with your eyes closed or fixed on a point on the floor in front of you.

Focus on breathing
Sit attentively with a straight back. Bring your attention the natural, gentle rhythm of your breath as you inhale and exhale. Notice where you feel it most—in your nose, tummy, or chest.

Acknowledge any thoughts
When thoughts enter your mind, acknowledge them without judgment, and gently bring your focus back to your breathing.

Notice any sensations
If you become aware of sounds, physical sensations, or emotions, simply notice them and then return your attention to your breathing.

Keep focusing on your breathing
Each time your attention drifts, gently but firmly return your focus to your breathing. If distractions are strong, you can say "in" and "out" with each breath.

The more you can practice this technique the better. Even 5 minutes a day can help towards reducing the symptoms of anxiety.