



RELAXATION STRATEGY FOR CALMING YOUR NERVOUS SYSTEM

Practice this strategy five times per day, for two minutes, when you are not anxious.

The 3-6 Breathing Practice:

Remember to ensure you are taking deep breaths (stomach rising) and not shallow breaths (chest rising).

Exhale fully before you take your first deep breath.

Inhale through your nose for a count of three

Exhale through your mouth for a count of six.

If six is too difficult at first, exhale to a count of four or five, but make it longer than your inhale. Aim for deep, smooth breaths.

Practice as often as you'd like, but aim for at least five times per day for two minutes when not anxious. Then use at first signs of anxiety.

Anxiety signs:

1)

2)

3)