

DEEP BREATHING

SLOW
YOUR
BREATHING

**SIT OR
LIE DOWN**

somewhere comfortable

**BREATHE IN
THROUGH YOUR
NOSE**

for

4

counts

**BREATHE OUT
THROUGH YOUR
NOSE**

for

6

counts

**HOLD YOUR
BREATH**

for

2

counts

REPEAT

Ease Your Anxiety



**Things
you see**



**Things
you feel**



**Things
you hear**



**Things
you smell**



LIST SOME



**Things
you taste**