A BREATHING PRACTICE · ANXIETY

Slow the exhale

By **Jamie Bayof**

> *Breathe in for about four. Breathe out for six to eight. Stay with it for a few minutes.*

1. **Find a place you can stay for a few minutes.** Sit or stand. Let your shoulders drop, and loosen your jaw.
2. **Breathe in through your nose** for about 4 counts.
3. **Breathe out slowly**, through your mouth or nose, for about 6 to 8 counts. The out-breath should be longer than the in-breath.
4. **Keep going for 2–5 minutes.** You aren't trying to make the anxiety disappear. You're giving your thinking brain room to work.

A longer out-breath engages your body's calming response. If a full count feels like too much, just make the exhale a little longer than the inhale and stay with that.

When I'll try this

How it felt

A short practice from The Two Battles Field Manual (Anxiety: Slow the exhale).

Educational, not medical advice.
If you're in the US: Call or text 988
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