

Breathe Easy

Breath is targeted for relaxation exercises because it is always with you ? hopefully! Our breath is the simplest component of our lives, feeding our very existence. When you slow down and pay attention to your breath, you are able to appreciate calmness and your relaxed self. Targeting breath also works because it?s portable! You can use any of these breathing techniques if you find yourself becoming anxious or stressed.

- Practice breathing from your abdomen, taking slow, thoughtful breaths that fill your belly.
- Exhale slowly as you appreciate the oxygen moving through your body.
- Continue to breathe with this intention for 1-2 minutes.

Practice this breathing throughout the day and especially anytime you begin to feel anxious. This way your anxiety can become a cue to relax rather than to tense up further. Check out this [guided breathing session](#) ^[1] to help you with your new practice, or read up the [importance of breathing](#) ^[2] on the Healthy Heels blog.

Source URL: <https://caps.unc.edu/self-help/stress-and-anxiety/breathe-easy>

Links

[1] <https://itunes.apple.com/itunes-u/relaxation-audio-sessions/id431727868>

[2] <https://healthyheels.org/2014/08/12/so-easy-to-do-so-easy-to-forget/>