

THE GROUNDING BREATH ANXIETY EXERCISE



When anxiety takes hold, it often feels like your mind is racing while your body is bracing. The Grounded Breath exercise helps you reconnect to the present moment by slowing your breath and shifting your focus from fear to safety.



Sit somewhere comfortable where your feet can touch the floor. Place one hand on your heart and the other on your abdomen. Inhale deeply through your nose for a count of 4. Hold for 2 counts.

Exhale slowly through your mouth for a count of 6.

As you breathe, repeat quietly: *"I am safe in this moment."*

Continue for 10 rounds of breath.

Once your breath steadies, write down what thoughts were looping before you began.

Next, describe how your body feels now — even if just slightly calmer.

INHALE
THROUGH
NOSE FOR

4

HOLD FOR

2

EXHALE
THROUGH
MOUTH FOR

6

What emotions came up as I focused on my breath?

How did my body feel before and after?

What can I remind myself the next time I feel anxiety rising?

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