

## ***How About a Quiet "Moment?"***

Deep Breathing helps with Anxiety or Panic Attack

The least expensive most portable method for controlling anxiety is deep-breathing technique.

One way to use deep breathing goes like this:

1. Slowly inhale through the nostrils for 7 seconds with a relaxed belly
2. As your belly expands slow down your breathing and hold for 7 seconds
3. Breath out through your mouth for 7 seconds and rest

You can repeat this three times in a row for up to 100 times a day. Since it is very deeply relaxing it's best to avoid driving or doing any complicated activity during the process. You might feel a little light headed